



Jets' move paving the way for younger talent
metroNEWS

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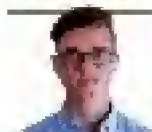


Your essential daily news | TUESDAY, OCTOBER 11, 2016
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Saying 'bye bye' to bear bros

ASSINIBOINE PARK ZOO

Furry visitors departing Journey to Churchill



Braeden Jones
Metro | Winnipeg

"Bye bye bears," said one teary-eyed youngster to the polar bears who will soon depart the Assiniboine Park Zoo's Journey to Churchill exhibit.

Hudson and his little brother, Humphrey, are headliners for one of Winnipeg's most popular attractions, but both were on loan from the Toronto Zoo, where they'll be returning this week.

Zoo spokesperson, Laura Curtis, said on Monday there has been a "tremendous" turnout over the past two weeks, with families, photographers, children and zoo regulars all bidding farewell to the pair of bears. Some kids, like Kyle and Kiera Gren, said they liked Hudson most because he's "furry and big."

Other children, such as Matthew and Andrew Jason, said they



Hudson and his little brother, Humphrey, are headliners for one of Winnipeg's most popular attractions. Right: Kyle and Kiera Gren say they liked Hudson most because he's "furry and big". BRAEDEN JONES/METRO

liked how playful Hudson was during a previous visit. "Whenever he sees a fish, he'll go and gobble them up," Matthew said.

But most zoo-goers, Curtis admits, simply had an affinity for the biggest bear the zoo cared for "because he was the first one" to

call the highly anticipated Journey to Churchill exhibit home.

"I remember the day he sort of made his public debut," she says of his Valentine's Day unveiling in 2013. "Everyone was cheering." Fittingly, 'I heart Hudson' stickers were handed out dur-

ing his going away party Monday afternoon, as hundreds turned out to say their goodbyes and sign a giant polar-bear sized farewell card. "People have felt really attached to them," Curtis said.

Both bears were born and raised in captivity, unlike their



neighbours in the Assiniboine Park Zoo, which Curtis said was good for the bear's development.

"They've been able to interact with and socialize with other polar bears we have that were from the wild ... that's been a great experience," she said

+ WHO'S LEFT?

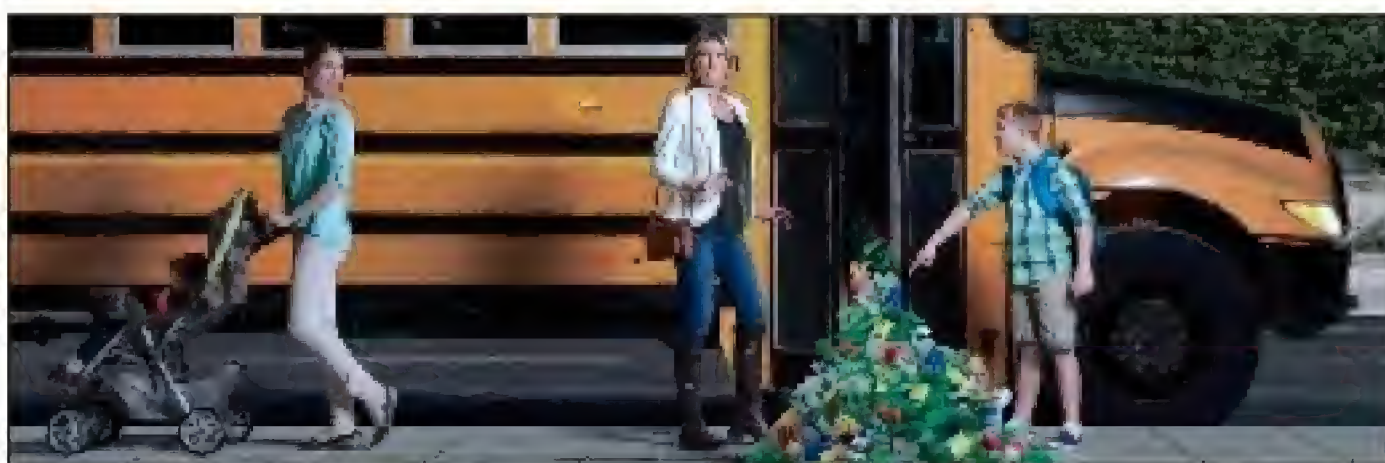
York and Eli: Orphaned bears from Churchill whose naming contest raised \$18,000 to support the Zoo's Polar Bear Rescue Team.

Blizzard and Star: Young bears rescued from Hudson Bay coastline, old friends of Humphrey as they moved to Winnipeg with him.

Kaska: Joined Hudson in the international Polar Bear Conservation Centre before moving to Journey to Churchill.

Aurora: First orphaned cub to be transferred from northern Manitoba to the Leatherdale International Polar Bear Conservation Centre.

Storm: The new big bear, and the first polar bear born in the wild to be transferred to the Leatherdale International Polar Bear Conservation Centre.



Of all the beverage containers that weren't recycled, how many were yours?



BACK-TO-BACK PREMIERE EPISODES

KIM'S CONVENIENCE



TONIGHT 9





Terminally ill artist explores death in 'groundbreaking' piece

THEATRE

Performer to challenge perceptions of mortality

Kaitlin Vitt
For Metro | Winnipeg

Andrew Henderson is challenging people to reconsider how they see death.

Twenty-eight-year-old Henderson has terminal cancer, t-cell lymphoblastic lymphoma. It's incurable. He's going through chemotherapy treatment, but he doesn't know how long he has to live.

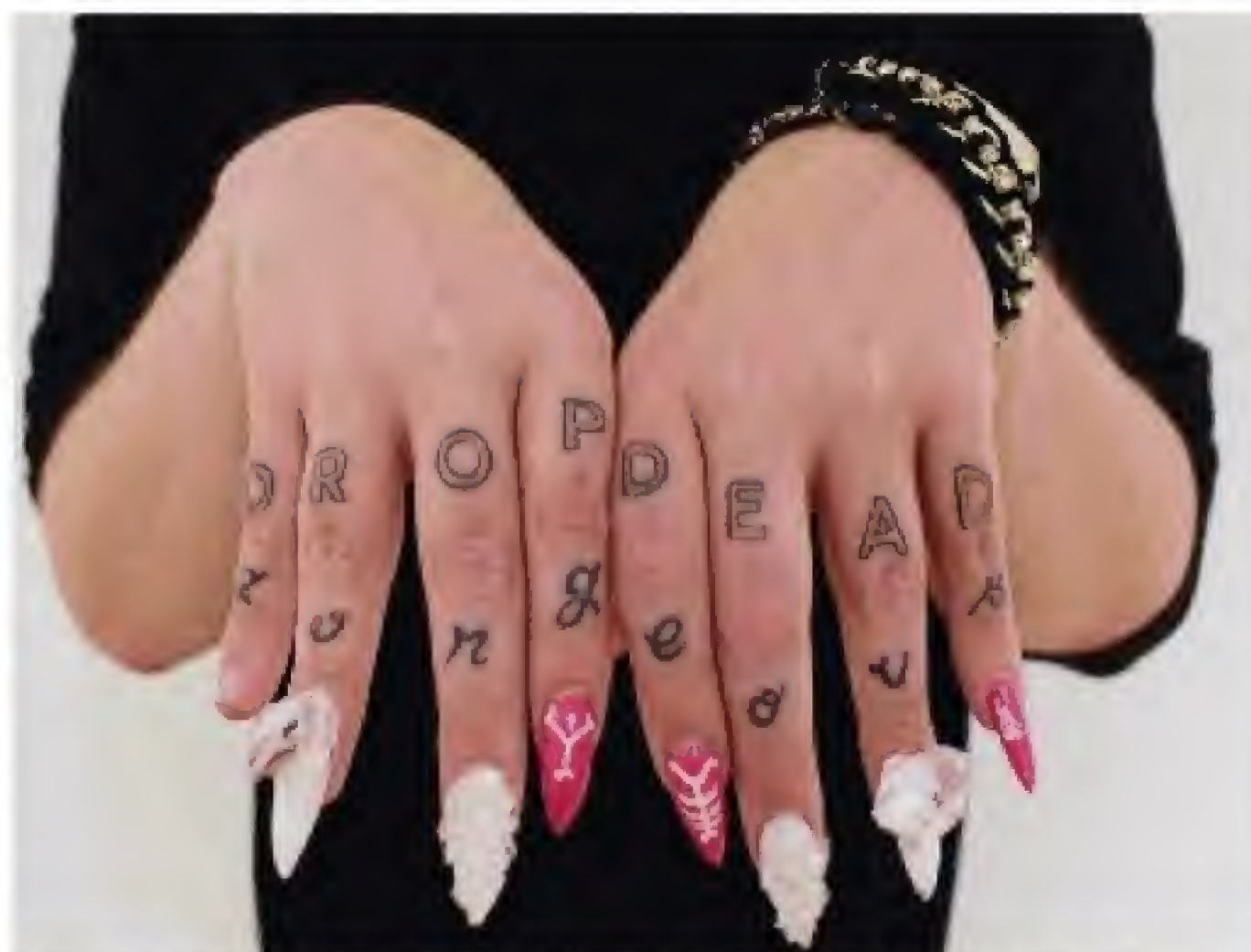
"For me, the future doesn't exist," Henderson said in a recent interview.

"There are possibilities, but that's not real. The only real thing is that you will die, so why are we so scared of that? And why don't we talk about it?"

That's why he's creating a performance art piece that will be a ritual for his death.

During Taking it to the Grave, people will tell Henderson their personal confessions. They'll do it in a private way, so only he hears, but they'll still be visible to everyone else.

He will take these confessions to his grave. The confessor and Henderson will pick a symbol to represent the confession that he will get tattooed on his body live at the show.



Andrew Henderson said last year's terminal cancer diagnosis has made him question — and break — cultural norms, which is why his fingers are manicured, and his long, pointed nails are painted and covered in jewels. KAITLIN VITT/FOR METRO

"I'm going to die, and my body's going to rot, and that's where those secrets will lie. Andrew Henderson

"Tattooing is just a reminder that flesh is temporary, so this

idea of tattooing my body with people's secrets isn't as much of a big deal as people say it is," he said. "I'm going to die, and my

body's going to rot, and that's where those secrets will lie."

He's working on the project with artist Eroca Nicols. Last year, Nicols travelled to five continents to study death rituals, learning about performances of grief.

Henderson believes rituals around death aren't practiced in



Andrew Henderson.
KAITLIN VITT/FOR METRO

North America. He calls death here "capitalistic" — when someone dies, they get filled with chemicals, put in an expensive box and buried deep in the ground.

But death should be about expression, he said.

"It's about people's ability to tap into their true selves and find that in the world and be able to feel at their most comfortable with who they are."

Henderson identifies as gender-queer. He grew up in Clondeboye — approximately a 40-minute drive from Winnipeg — where he said there are some people who you can tell are queer, while there are others who hide it. He said his tombstone will stand to be a monument for queer people who have died.

Last year's terminal diagnosis has made him question — and break — cultural norms, he said. Today his fingers are manicured, while his long, pointed nails are painted and covered in jewels.

Henderson said he's found strength in death, and he wants others to do the same.

"Whatever that is — if it's spiritual, religious — find your path, but create a great relationship with (death)," he said. "When it's your turn, or it's someone you love's turn, you're much better (able) to handle the grief that you're going to face."

Sandy Klowak, the stage manager for the piece, calls the performance and the idea around it "groundbreaking."

"What he's putting his energy into has just been really inspiring and amazing in how he's sort of performing death and incorporating it into art," Klowak said. "I've never seen someone do this."

Henderson's funeral, and his performance, will have lots of glitter, gold and red flowers. He dreams of being buried in a champagne bottle, he said, with him floating in the champagne.

DETAILS

Andrew Henderson will perform Taking it to the Grave on Oct. 21 and 23 at aceart inc.

VANCOUVER FILM SCHOOL

INFO SESSIONS

WINNIPEG, OCTOBER 17

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IT'S WHERE YOU FIT

Jets put Pavelec on waivers

HOCKEY

Veteran goalie reassigned to Manitoba Moose with 7 others



Braeden Jones
Metro | Winnipeg

After five seasons as the go-to goalie in Winnipeg, Ondrej Pavelec has been demoted, paving the way for younger talent to take over the Jets' crease.

The Winnipeg Jets reassigned the 29-year-old veteran netminder to the AHL Manitoba Moose along with seven other players, Monday.

That means the Jets crease will be guarded by sophomore star Connor Hellebuyck, who posted 13 wins with the club in his debut last season, and Michael Hutchinson, who has shared time with Pavelec to mixed results over the past three years.

Jets head coach Paul Maurice said both young goalies have had "blocks of time where they've looked like they had the ability to become number one guys," and was adamant when speaking to media Monday that both would continue to get that chance.

"Once you feel you've got them to a point where they can push for a prime core job they need the opportunity to do that," he said.

Looking at the coming schedule, Maurice suggested the team will need both goalies to perform, and it will look "an awful lot like a rotation."

"They both have to be given the opportunity to grab [the No. 1 job], they're both going to grab it at different times, and they're also going to lose it at different times," Maurice said. "They have to fight for it and perform under that pressure."

Hellebuyck, 23, the younger of the two Jets goalies, spoke of high hopes after practice, Monday.

"This is what I've worked for my entire life, and I'm not satisfied yet," he told reporters.

"I want to win a Stanley Cup and I want to prove that I not only belong here, but the team is good enough to do so."

Hutchinson said he's been taking steps to improve his confidence and he's "excited and happy to be sticking around" with the big club.

"Since day one I've tried to work hard to try and instill confidence in my teammates and management... today's just another step in that direction," he said.

"It's nice to know your hard work is paying off."

Pavelec sent down

Before reporting to the Moose,



The Winnipeg Jets reassigned the 29-year-old veteran netminder Ondrej Pavelec to the AHL Manitoba Moose along with seven other players on Monday. THE CANADIAN PRESS/AP/TOM MIHALEK

Pavelec will have to clear waivers, meaning another team could claim his playing rights, but it's unlikely as his contract comes with a \$3.9-million salary cap hit.

If unclaimed he'll join Eric Comrie, 21, with the Moose.

Although Pavelec came with the team that relocated to Winnipeg from Atlanta as the bona fide starting goalie, he's only had above-average stats a handful of times — he eclipsed the .910 save percentage in the 2010 and 2014 seasons.

Last year when Pavelec played

33 games, Hutchinson played in 30, and Hellebuyck saw ice in 26 games, it was the rookie who had the best numbers.

He allowed the fewest goals per game, averaging 2.34, stopped more than 91 per cent of the shots he faced — and better than 94 per cent at even-strength.

Pavelec had a 13-13-4 record with a 2.78 goals-against average and a .904 save percentage, while Hutchinson had a 9-15-3 record with a .907 save percentage and 2.84 goals against average.

WITH FILES FROM THE CANADIAN PRESS

FOOTBALL

Blue Bombers donate \$10K

The Winnipeg Blue Bombers and CEO Wade Miller donated \$10,000 to a high school football team that lost their equipment in a fire over the weekend.

In a statement released Monday, the Winnipeg Football Club announced it had donated \$5,000 to the Oak Park High School Raiders football program after the team's equipment was destroyed by arson Saturday night.

On top of the club's donation, the release says Miller has also donated \$5,000 and the team's equipment supplier, Gilman Football Gear, has provided \$1,000 in equipment so the team can finish the season.

The Blue and Gold's offensive lineman Stanley Bryant and Jermaine Hardrick, along with running back Andrew Harris and kicker Justin Medlock, surprised the team with the donations during a practice on Thanksgiving Monday.

"I'm grateful to be able to do my small part in assisting the Oak Park Raiders football program with this donation," Miller said in Monday's statement.

The team has already surpassed their \$25,000 fundraising goal in a GoFundMe campaign after the results of the fire were discovered.

As of Monday at 5 p.m. \$26,555 had been raised.

Football manager Kristin Blatz-Whittaker, who started the campaign, wrote that fire destroyed a shed that held the team's practice equipment in a temporary practice field at Fraser Meadows.

"The Oak Park Raiders Football Players and Club are thankful of all the generous donations to our recent loss of practice equipment due to fire. We are overwhelmed by the community support. Sending out wishes for a Happy Thanksgiving, you all have certainly turned ours around!!!," the page read. METRO



The Oak Park Raiders football team lost equipment in a fire over the weekend. GOFUNDME

+ PLAYER STATS

■ Ondrej Pavelec

29 years old, 9 seasons with Jets, \$4.75 million salary expires 2017

Last season: 13-13-4
2.78 gaa
.904 Sv%

■ Connor Hellebuyck

23 years old, 1 season with Jets, \$692,500 salary

Last season:

13-11-1
2.34 gaa
.918 Sv%

■ Michael Hutchinson

26 years old, 3 seasons with Jets, \$1 million salary

Last season: 9-15-3
2.84 gaa
.907 Sv%



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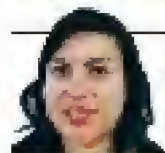
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Feel reel love from this film fest

LGBTQ COMMUNITY

Inclusive and diverse festival inviting one and all to enjoy



Jessica Botelho-Urbanski
For Metro|Winnipeg

From 'G' for general audiences to 'R' for restricted, Winnipeg's LGBTQ-focused film festival is screening flicks from every movie rating category this year, in an effort to showcase its inclusivity.

Reel Pride — a fixture in the local arts scene for 31 years — runs Tuesday through Sunday at the Park Theatre.

The festival's executive director, Matthew Pruse, said he's excited to welcome kids to the festival this year with the introduction of a family movie screening on Sat., Oct. 15.

See the World, Feed Your Mind, a compilation of 13 animated shorts from the Seattle Children's Film Festival, is playing for free at 1:30 p.m.

"Kids don't really care about gay, lesbian, bisexual, transgender or however you choose to identify. Kids just want to go and watch cartoons and see other families like theirs, right?" Pruse said in a recent interview. "We need to be aware that we're so fortunate that we're able to do this (festival)," he said.

"Haiti actually just tried to have their (LGBTQ) film festival this year and they had to cancel it due to government pressures."

Reel Pride boasts a bevy of genres, from comedy to drama and documentary films, including *Two Hard Things*, *Two Soft Things*, playing Thursday at 7 p.m.

Toronto-based directors Mark Kenneth Woods and Michael Yerxa shot the doc in Nunavut last year at a seminal Pride celebration.



Images from the film *Two Hard Things, Two Soft Things*, which is a documentary about the struggles of LGBTQ people in the Canadian North. HANDOUT/SUPPLIED

It details the struggles of LGBTQ people in the North to wipe out homophobia and draws connections to the cultural after effects of colonization and residential schooling.

Woods said it was important for him and Yerxa to tell the community's stories with great respect.

"The reason we decided that we were the right people to tell the story was that it wouldn't have happened otherwise," Woods said.

"We could go up there and ask questions and leave, and there were no consequences for

us. But if you're local, you still have to go to school the next day, or to church, or to work. That's going to stick... I just think it was really safe for us to help push this conversation forward and hopefully make it a little safer for locals to now go and do some more work."

Reel Pride tickets are \$10 per movie and VIP passes for the whole festival are \$50. Pruse encouraged anyone interested in attending who has limited financial means to email them at atreelpride@outlook.com or approach the box office.



THREE TO SEE

Short film competition

Wednesday, Oct. 12 at 7 p.m.

For the 13th time, Reel Pride put out a call for short films made by and/or about queer people. The film festival's jury and audience will choose two winners from the 21 Canadian shorts being screened. Each flick is 30 minutes or less.

Other people

Saturday, Oct. 15 at 7 p.m.

A dramatic comedy starring Molly Shannon and Chris Kelly, *Other People* focuses on how one family copes as their terminally ill matriarch dies of cancer. Kelly plays the protagonist, a gay son trying to mend fences with his distant dad, while enjoying final moments with his mom.

Major!

Sunday, Oct. 16 at 7 p.m.

Major Griffin-Gracy, a black transgender woman who survived the Stonewall rebellion and a stay in Attica State Prison, stars in this 2015 documentary directed by Annalise Ophelian. *Major!* explores the misgivings of the American prison system, especially when it comes to treatment of transgender inmates.

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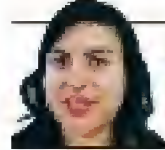


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Food safety is also job security

IMMIGRATION

Newcomers learn skills to boost resumé, opportunities



Jessica Botelho-Urbanski
For Metro|Winnipeg

Local immigrants in Winnipeg are learning to sauté their way to employment thanks to a free food handlers' course offered by Food Matters Manitoba.

The program, which launched in July and runs once a month, has seen about 75 participants so far.

There's a long wait list, adds program co-ordinator Amy Henderson, who's looking to expand.

If they had room, Food Matters would accept 100 people per session, she said.

But they can only take in about 30 at the North Centennial Recreation and Leisure Facility, located at 90 Sinclair St., said instructor Maria Paguiligan.

Paguiligan is a newcomer herself, having arrived in Winnipeg from the Philippines in 2011 "to have a better future" for her son, now 18.

"(The course) is not just to help you get a job, but it's something you can use in the home," Paguiligan said in a recent interview.

"When we first came here, there were people who helped us along the way through our transition here in Canada, and doing this is sort of like paying it forward."



A food handling course at the North Centennial Recreation and Leisure Facility is helping newcomers develop job skills and kitchen confidence. CONTRIBUTED

A former nursing instructor in the Philippines, Paguiligan now works part-time for the Winnipeg School Division as an educational assistant, part-time at a care home serving food and once per month teaching with Food Matters. She said immigrants she knows came to Canada eager to get "survival

jobs" in the food or hospitality industries.

But taking a day-long food handlers' course in English — which costs about \$93, according to Manitoba Health — can prove difficult and unaffordable.

Paguiligan, along with instructing partner Amalia Santiago, help students navigate

language barriers and cultural norms, completing the course in two to three days.

Refrigerating eggs, using meat thermometers and thawing food are all practices they've taught to students.

Henderson said Food Matters applied for more funding last week from the Winnipeg

Regional Health Authority and put together a grant proposal for the Aviva Community Fund.

They'd like to expand the free food handling course to include other newcomer associations around Winnipeg.

"A lot of people are saying they're really happy. They learned a lot about proper cooking

temperatures and food storage, and they really felt like it gave them a really great thing to put on their resumé," Henderson said.

"But also, a lot of people mentioned that it helps them in their personal lives, to make sure that they're cooking safe, healthy food for their families."



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When we first came here, there were people who helped us along the way through our transition here in Canada, and doing this is sort of like paying it forward.

Maria Paguiligan, Instructor

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5

THINGS TO WATCH FOR AT CITY HALL THIS WEEK

This week marks the second anniversary of Winnipeg council's and Mayor Brian Bowman's election to office. Councillors have a jam-packed schedule ahead of them, with four straight days of committee meetings and draft budgets that are set to be tabled in less than six weeks. Here's a roundup of what's happening this week at 510 Main. **STEPHANIE TAYLOR METRO**



BRAEDEN JONES/METRO

1 Beekeeping

On Tuesday, city staff are due to report back on whether beekeeping should be allowed across the city. Back in February, the city amended its zoning rules to allow for rooftop apiaries in the downtown. Bee-cause the project is buzzing along, the city is open to expanding beekeeping in other areas. If more apiaries were allowed throughout the city, changes would have to be made to Winnipeg Zoning By-Law No. 200/2006.



METRO FILE

2 Recycling and garbage contracts

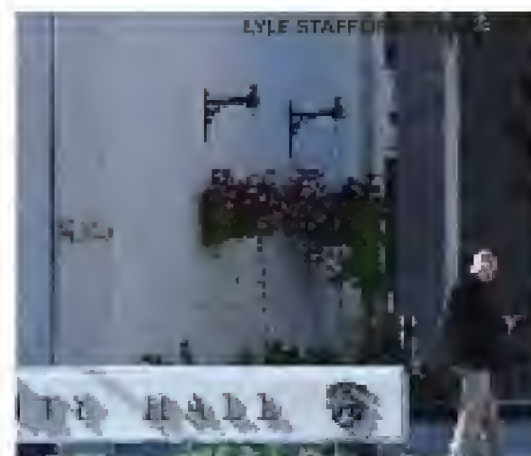
Members of Mayor Brian Bowman's inner circle will be asked to give the green light to a set of new garbage and recycling contracts for the city on Wednesday. Last week, councillors on the environment committee split the vote 2-2 after an hours-long debate. If approved, the city will spend \$24 million a year starting Oct. 1, 2017 to Jan. 31, 2025, for solid waste pickup.



METRO FILE

3 No vote on growth fees

When exactly Coun. John Orlikow plans to table his recommendations for Winnipeg's proposed growth fees plan is still unclear, but one thing is for certain and that is it won't be this week. The chairman of the planning, property and development department is still consulting with members of the development industry and councillors about what changes need to be made.



LYLE STAFFORD

4 City's deficit shrinks again

A new financial report shows the City of Winnipeg's deficit has decreased from a projected \$5.4 million to \$3.1 million. "The Public Service anticipates that the projected deficit will decrease over the remainder of the year based on financial improvements typically realized from that forecasted for August 31," the city's third quarter report reads.



STEPHANIE TAYLOR/METRO

5 No busking bylaw

No new rule book or guidelines will be coming to those who want to take to Winnipeg's streets and make music. The city's committee on protection, community services and parks will receive a report that says there is no need to establish a new busking bylaw. Local musician Lee Raito pitched the idea back in May after hearing reports that performers had been issued tickets for panhandling.

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The typo that changed her life

GOVERNMENT

Refugee faces deportation over misspelled first name

A typo could be costly, especially when it's in the name on the ID of a refugee claimant.

In a rare appeal case, Ottawa has overturned a decision to grant refugee status to a Nigerian woman, in part because of a misspelling of her name in a government birth document from Lagos. Gift Daniel, 32, now faces deportation from Canada at any time.

What was unusual with the government's appeal is that immigration officials did not challenge Daniel's claim that she was a victim of female genital mutilation and domestic abuse, but contested her credibility on the grounds that she is not who she claims to be.

Daniel, a hairstylist from Benin, arrived in Canada in February 2015 using a false Canadian passport under the name of Desiree Dobson and filed an asylum claim upon landing at



A misspelling of her name on a government birth document has cost Gift Daniel her asylum in Canada. TORSTAR NEWS SERVICE

Pearson International Airport. She was also in possession of a Social Insurance Number card, birth certificate and driver's licence under the same name, according to federal government officials.

Daniel claimed she was forced to undergo female circumcision in 2012 and was sold by her father a year later to an older man

who sexually, physically and psychologically abused her before she fled Nigeria with the help of a smuggler. The refugee board confirmed there was documented evidence of genital mutilation.

Upon her arrival in Canada, Daniel said she declared her real identity to officials as "Gift Daniel" and provided a birth

document and driver's licence issued by the Nigerian government as proof.

However, a border enforcement official quickly noticed her birth document spelled her name as "Gife" while her licence spelled it "Gift" — setting off questions by Canadian officials over her identity.

She was detained at the

Rexdale immigration holding centre for three months until her release on May 13, 2015, when she was granted refugee status.

Despite concerns over Daniel's identity, refugee judge Shamshuddin Alidina, in granting her asylum, wrote the tribunal "believes, on a balance of probability, that the claimant has persuasively established her identity as Gift Daniel from Nigeria."

While Daniel has insisted she only became aware of the typo after it was spotted by the border official, the different spellings of her name in her identity documents triggered the government's challenge to the refugee appeal tribunal to overturn the asylum decision.

"Identity is clearly an important fact, so important that if not established, there is no need to further analyze the evidence and the claim must fail," the government said in its appeal. "Absent a properly established identity, a matter of utmost importance to refugee determination, the claimant cannot be considered to be a credible witness on the material aspects of her claim for refugee protection."

TORSTAR NEWS SERVICE

EQUALITY

Gregoire-Trudeau to open TSX

Sophie Gregoire-Trudeau will open the trading day at the Toronto Stock Exchange on Tuesday to mark International Day of the Girl.

She is collaborating with three charitable organizations — G(irls)20, Plan International Canada and FitSpirit — to show how important it is for girls to have equal opportunities to boys.

Farah Mohamed, CEO of G(irls)20, said it's also important for people to realize that investing time and resources into girls pays off. The organization frames women's and girl's equality differently from other organizations, using financial language. Mohamed says girls are a resource in which businesses and governments should invest. Mohamed says when women earn a salary, they tend to put most of the money they make back into the community, which raises the GDP. THE CANADIAN PRESS



Sophie Gregoire-Trudeau CP

EDMONTON

High schoolers' app aims to stop bullying



Alex Boyd
Metro | Edmonton

A team of high schoolers from Edmonton, Alta. has built a smartphone keyboard designed to stop cyber bullying before it even happens.

The Sentiment Keyboard is a downloadable keyboard for Android phones that will scan the text you type — whether it be an email, Facebook post or

text — and determine whether it's negative or not.

"With media and stuff, people want others to like their stuff, they want other people to think they're funny," said Jacob Reckhard.

"I think that when given the choice, people will choose not to bully."

Reckhard created the keyboard along with fellow students Christopher West and Ibrahim Elmallah as part of the Ross and Verna Tate High

School Internship Program, which gives high school kids a sneak peek at computing science.

While Reckhard said the app isn't perfect, teaching it the intricacies of online insults presented some interesting challenges.

"The main problem with it is it's getting a lot of false negatives," he said, or things that it doesn't think are offensive that actually are.

"It has a hard time with cli-

chés and similes and metaphors," he said. "There's a pretty big gap between person and machine."

For example, if you tell someone, 'you sing like Kanye West,' the computer doesn't know how to interpret that without a nuanced understanding of pop culture.

"A computer just doesn't understand how a flower smells compares to an ape. It's an interesting problem," he said.

HEALTH

Timing matters with exercise: Study

If you're angry or upset, you might want to simmer down before heading out for an intense run or gym workout. A study ties heavy exertion while stressed or mad to a tripled risk of having a heart attack within an hour.

Regular exercise is a healthy antidote to stress and can help prevent heart disease. But the new research led by the Population Health Research Institute

at McMaster University suggests there may be better or worse times to exercise, and that extremes can trigger harm.

The study, published Monday in the Heart Association journal Circulation, was funded by the Canadian Institutes of Health Research, other governmental bodies from various countries that participated, and grants from drug companies. THE CANADIAN PRESS

MIGRANT CRISIS

U.S. looks to emulate Canada's private refugee-sponsor system

The United States appears to be working toward a system for privately sponsoring refugees, potentially making it the latest country to emulate the program Canada has deployed during the Syrian migration crisis.

A group that works with the government on resettling refugees says a pilot project is in the works. An assistant secretary of state reportedly referred to it at a public forum. Canada's immigration minister says he has heard about a pilot project, and one small-government advocate says he's been advising policy-makers on it.

David Bier of the libertarian Cato Institute said he used

the experience of the northern neighbour while making the case to government officials that the private sector could play a bigger role in resettling refugees.

He said there was initial reticence when he first discussed it last year with government officials, but he said the White House became enthusiastic and the State Department got involved in the details.

In the meantime, the Canadian program started getting international attention.

"The fact that it was already in operation in Canada and had proven successful was invaluable to our advocacy," Bier said in an interview. "I have no

doubt that this is going to happen (in the U.S.)."

The Canadian program allows people to sponsor a refugee for \$12,600, which includes help with income and initial costs like groceries and rent. Nearly half the Syrian refugees Canada brought in starting late last year entered through private or quasi-private initiatives.

At least 13 countries have made inquiries about emulating the program, said Canada's immigration minister John McCallum. Australia and New Zealand have adopted such programs, and McCallum said the United Kingdom is working on one.

He said he's happy to offer

technical advice.

"We're definitely the pioneers in it," he said in an interview. "I think this is a model that would be of some value all over the world, given that we face a huge global refugee crisis."

The White House didn't confirm or deny its intentions when asked last week.

The refugee issue is an incendiary one in this election season. Republicans are fighting a migration increase, with Donald Trump warning that the Syrians represent a threat. Democrats insist they can be carefully screened, unlike in Europe. THE CANADIAN PRESS



Canadian Prime Minister Justin Trudeau greets newly-arrived Syrian refugees. The U.S. appears to be working toward a system for privately sponsoring refugees, potentially making it the latest country to emulate the program Canada has deployed. THE CANADIAN PRESS

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SYRIA

Medics plead for access to Aleppo

Doctors Without Borders pleaded on Monday for access to treat the wounded in the rebel-held part of Syria's Aleppo as government forces pressed ahead with an offensive that has killed hundreds of people in recent weeks.

The international charity, also known by its French acronym MSF, said in a statement that medical workers in Aleppo are exhausted and that the overstretched facilities face an impending fuel shortage. MSF, which supports eight hospitals in Aleppo's besieged eastern quarters, says just 35 doctors remain, serving a population of 275,000.

The UN has warned that the Aleppo bombardment by Syrian and Russian warplanes could leave thousands more dead by the year's end.

"Russia and Syria must stop the indiscriminate bombing now and abide by the rules of war," said Pablo Marco, MSF's operations manager for the Middle East.

In another besieged area near the capital, Damascus, doctors reported up to two dozen cases of kidney failure that they said resulted from malnutrition. Muhammad Darwish, a local physician, said doctors confirmed renal failure in 12 people in the town of Madaya

and were investigating another 12 cases.

Government forces have laid siege to Madaya, home to some 40,000 people, since late last year.

"We are only eating carbohydrates. We aren't receiving any vitamins or protein," said Darwish.

The government has prohibited the UN from delivering seeds or dialysis kits to the town, in what the opposition says is a strategy aimed at forcing the town to surrender.

The UN Security Council is deadlocked over how to respond to the Aleppo crisis, with Russia on Saturday vetoing a French-drafted resolution demanding an immediate halt to Russian and Syrian airstrikes and the rest of the council voting down a Russian resolution calling for the evacuation of opposition fighters.

Moscow has been a key backer of Syrian President Bashar Assad throughout the conflict.

Russia and Syria's government have both endorsed a proposal by UN envoy Staffan de Mistura to evacuate al-Qaida-linked militants from east Aleppo while skirting around the reciprocal part of the proposal, to abide by a ceasefire for the besieged area. THE ASSOCIATED PRESS



A woman and a child sit on a bucket amidst the ruins of their home destroyed by Hurricane Matthew, in Jeremie, Haiti, on Monday. DIEU NALIO CHERY/THE ASSOCIATED PRESS

'People will die soon' in Haiti without help

WEATHER

Hurricane Matthew leaves trail of devastation

At a cramped police station serving as a makeshift clinic, Darline Derosier fastened IV drips to jail cell bars, wiped the brows of cholera patients and tended to the wounds of those injured when Hurricane Matthew slammed into Haiti's southwestern peninsula.

She was the only health worker helping about 40 patients Monday inside the station bereft of police as she waited for help to arrive in the hard-hit town of Marfranc nearly a week after the Category 4 storm struck Oct. 4.

Among the patients was an elderly woman lying unconscious on a jail cell floor with a leg bandaged in an old rag and a man with gashes around his neck, his eyes fluttering.

"People will die soon if we don't get some aid," an overwhelmed Derosier said.

The town is a 45-minute drive southwest from the coastal city of Jeremie, where food, medicine and fresh water are finally arriving but still slow to reach increasingly desperate communities.

The UN humanitarian agency in Geneva made an emergency appeal Monday for nearly \$120 million in aid, saying about 750,000 people in southwest Haiti alone will need "life-saving assistance and protection" in the next three months. UN officials said earlier that at least

+ CHOLERA

The open-air cholera treatment centre at Jeremie's main hospital had no running water Monday, and at least a dozen of the new patients were under age 10.

1.4 million people across the region need assistance and that 2.1 million overall have been affected by the hurricane. Some 175,000 people remain in shelters.

Electricity was still out, water and food were scarce, and officials said young men in villages along the road between the hard-hit cities of Les Cayes and Jeremie were building blockades of rocks and broken branches to

halt relief convoys.

A convoy of food, water and medicine was attacked by gunmen in a remote valley where there had been a mudslide, said Frednel Kedler, co-ordinator for the Civil Protection Agency in the Grand-Anse Department, which includes Jeremie.

The National Civil Protection headquarters in Port-au-Prince raised the official nationwide death toll to 372, which included at least 198 deaths in Grand-Anse. But local officials have said the toll in Grand-Anse alone tops 500.

The UN also said the hurricane has increased the risk of a "renewed spike" in the number of cholera cases. A cholera outbreak since 2010 has already killed roughly 10,000 people and sickened more than 800,000.

THE ASSOCIATED PRESS



This Tuesday, Oct. 4, 2016 photo, shows Civil Defense workers digging in the rubble to remove bodies and look for survivors. SYRIAN CIVIL DEFENSE WHITE HELMETS VIA THE ASSOCIATED PRESS

NEW JERSEY

Rail service resumes at Hoboken station

Rail service resumed Monday at a transit station damaged when a train travelling more than twice the speed limit crashed, killing a woman on the platform and injuring more than 100 other people.

The return of partial service into Hoboken Terminal was welcomed by commuters — even if some had still-painful memories of the Sept. 29 crash.

Sheilah Tiangco-Hugo had been in the first car that day and remembered being jolted

out of her seat when the train sped up as it approached the track's end. She braced for impact on the floor and watched as a concrete slab crashed down on the seat she had occupied moments earlier.

"That slab could have cut me in half," Tiangco-Hugo said in River Edge as she waited for the train. Her back still hurts from the crash, Tiangco-Hugo said. But it didn't stop her from boarding Monday's 8:11 a.m. train for Hoboken. THE ASSOCIATED PRESS

U.S. ELECTION

Internet declares Ken Bone winner of debate

While supporters of GOP nominee Donald Trump and Democratic candidate Hillary Clinton bicker following the second presidential debate, one participant is being greeted with almost universal approval: Kenneth Bone.

The mustachioed undecided voter from Illinois clad in a red sweater and khakis became an internet sensation almost instantly Sunday night when he took part in the town hall-style forum by asking the candidates about energy policy.

In a Monday morning interview with St. Louis radio station KFNS, the power plant worker

explained that he was initially unaware of his newfound celebrity because participants in the forum weren't allowed to have smartphones with them.

"When I got back to my car and turned it on I had 423 Facebook friend requests," Bone said. "I just went ahead and accepted them all and it made me feel good about myself for a minute."

Bone also gained thousands of Twitter followers in the hours after the debate. Some Twitter users have saluted him with edited photos. One takes after the iconic "HOPE" poster from President Barack Obama's 2008

run. GQ magazine has gotten in on the fun by posting a "Ken Bone Halloween costume kit," which includes a red sweater, glasses, a fake moustache and a microphone.

"I'm going as myself for Halloween. It will be the best costume ever," he said.

Bone may have found internet fame during the debate, but he still hasn't figured out who he'll vote for. He plans to wait until after the final debate next week to decide. He hopes the attention on him as an undecided voter encourages people to focus on the issues. THE ASSOCIATED PRESS



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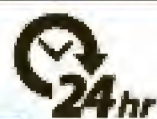
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Delivery by drones coming

TECHNOLOGY

Canadian firm gearing up to provide first drone services

Drone Delivery Canada began testing drones over a field at the University of Waterloo this week, joining an elite club of companies worldwide vying to drive drones from the prototype stage into commercial use.

"We're all in the same boat, we're all developing this technology, we're perfecting the platforms and once the legislation is there then everyone becomes operational," said Tony Di Benedetto, Drone Delivery Canada CEO.

While drone deliveries by air may seem like part of a distant future, those inside the industry say it's on the cusp of becoming a reality.

"It's not really far-fetched, it's not science fiction, it's getting closer to real applications," said Hugh Liu, a professor at University of Toronto, Institute for Aerospace Studies (UTIAS).

"How long for commercial



Paul Di Benedetto, CEO of Drone Delivery Canada Inc., with their third prototype in their Vaughan office. TORSTAR NEWS SERVICE

drone deliveries? It's hard to say. In a year or two, we'll probably see some sort of delivery exercise, maybe not full-scale commercial usage, but a pilot project being done in Canada."

Under current regulations, unmanned drone deliveries cannot be made in Canada

— permits allow air drones only within visual sight lines and in restricted areas — but Transport Canada is exploring changes to address the growing popularity and economic importance of drones and integrate them safely into Canadian airspace, according to

spokesperson Natasha Gauthier.

Di Benedetto thinks commercial drone deliveries in Canada may be as close as 2017. He said retailers, municipalities and multinationals are interested in the technology and so are government agencies, including Canada Post, which is looking

for ways to cut costs.

Using drones to make mail deliveries was listed as a possible option for the future in a discussion paper released in September: Canada Post in the Digital Age.

"We look at all innovations in the marketplace to see if they can assist in our role of serving all Canadians. At this time though, we have no plans to introduce drones," said Canada Post spokesman Jon Hamilton.

Drone Delivery Canada is testing different-sized drones for different uses. The eight-rotor HL-80 Heavy Lift prototype at their development lab in Vaughan measures 77 inches and carries a box with enough room to carry mail for a small neighbourhood — but not door-to-door. It could potentially carry mail from one postal depot to another, where it could be processed and delivered by postal workers or picked up by residents.

"We can get trucks off the road, reduce emissions, pollution and provide quicker access, specifically in rural remote areas," said Di Benedetto.

TORSTAR NEWS SERVICE

SOCIAL MEDIA

Facebook for work launched

You probably already use Facebook at work. Now, Facebook is creating a separate version aimed at helping you do actual work instead of catching up on baby photos and campaign chatter.

Facebook is launching a communications tool for businesses, nonprofits and other organizations. Called Workplace, the platform is ad-free and not connected to users' existing Facebook accounts. Instead, businesses sign up as an organization and pay a monthly fee based on the number of users. It's free for nonprofits and educational institutions.

Julien Codorniou, head of Workplace at Facebook, said in an interview that the tool's aim is to "connect everyone" in all sorts of workplaces — from desk-bound professionals to on-the-go employees who don't have email or a computer.

Facebook says the top five countries now using Workplace are India, Norway, the U.S., U.K. and France.

THE ASSOCIATED PRESS

AWARD

Economists win Nobel for showing how contracts work best

Let insiders easily cash in stock options, as Enron did, and you risk seeing executives abandon a failing company. Encourage contractors to sacrifice quality to cut costs and you might cause problems like those that led the U.S. Justice Department to phase out privately run prisons.

Designing contracts is a tricky business. For their

groundbreaking work on how to make contracts fairer and more effective, Oliver Hart of Harvard University and Bengt Holmstrom of the Massachusetts Institute of Technology won the 2016 Nobel prize for economics Monday. They will share the 8 million kronor (\$930,000 US) award for their contributions to contract theory.

For decades, the two men have studied practical problems involving the countless kinds of contracts that underlie modern commerce:

How should companies pay their executives? What types of tasks should government agencies outsource to private contractors? How best to write an auto insurance policy to protect drivers from financial

loss without lulling them into carelessness?

Hart, 68, is a London-born U.S. citizen who has taught at Harvard since 1993.

Holmstrom, 67, is an academic from Finland who formerly served on the board of the country's mobile phone company Nokia.

Economists who have long known the two men and their

work offered warm praise Monday.

"This is the Nobel Prize in economics at its best," said George Akerlof of Georgetown University, who won the prize in 2001.

"The character of both Bengt and Oliver shines through in their work and their character: They are true intellectuals and truly great

people."

The Internal Revenue Service used Hart as an expert witness in cases involving Black and Decker and Wells Fargo. At issue was whether some of the companies' transactions had had a legitimate corporate purpose or had been designed just to reduce their tax bills.

THE ASSOCIATED PRESS

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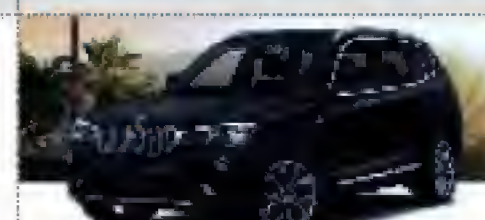
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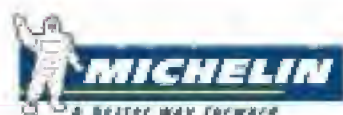
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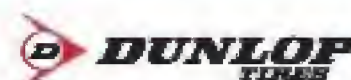
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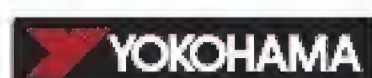
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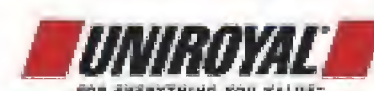
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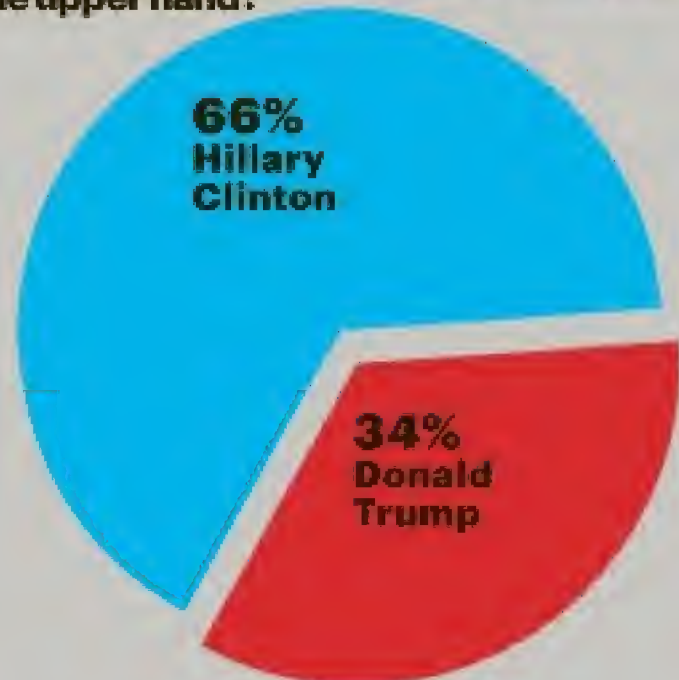


METRO POLL

Clinton vs. Trump, Round 2 scorecard

In the red corner, Donald Trump, reeling after a week's worth of news bombshells that rocked his campaign. In the blue corner, Hillary Clinton, leading the polls and enjoying the show. Sunday night's debate, the second of three between the candidates, was a vicious affair. Last time, Metro readers deemed Clinton the winner by a 54-46 margin. Here's what you said this time.

1 Who came away from that nasty slugfest with the upper hand?

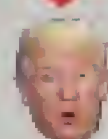


2 Did anything you heard change your mind?

88% No. "They both suck."
12% Yes. "Clinton's a lot more classy than I thought."

3 What were the best lines?

You can say any way you want to say it, but Bill Clinton was abusive to women.



It's good that ... Donald Trump is not in charge of the law in our country ...



...because you'd be in jail.



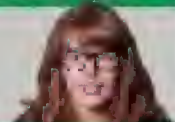
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INSIDE THE PERIMETER

Shannon VanRaes



Growing up in Southern Ontario — no, not Toronto — winter mornings followed a familiar pattern.

I would stumble out of my bedroom, wrapped in a cocoon of sweaters and blankets before complaining to my mother the house was freezing. Her response never wavered: if you're cold, start a fire.

This wasn't hyperbole or a poor attempt at parental humour, it was simply a fact of life given we heated our R-2000 house with wood. Not because it was charming or convenient, but because the cost of electricity in Ontario is and was astronomically high.

My parents still live in the '80's ranch-style home I spent most of my youth in, they still heat with wood, rely on passive solar and use a timer to

limit hot water to a few hours a day. Still, their "hydro bill" tops \$500 a month.

Now at this juncture you may be thinking, "That's a very quaint story, but what does it have to do with me? How does this impact my little shack in Winnipeg?"

Let me tell you.

Ontario's story could be Manitoba's story if we are not careful, if we don't plan and don't hold our elected leaders accountable. Already, rate increases are planned for Manitoba Hydro and no doubt there will be more in the years to come, but the real threat ahead is privatization.

Manitoba Hydro has become less a utility and more a political wedge. Religious zealots have debated with less fervour than those who argued over the Bipole III route.

Brian Pallister's Progressive Conservatives campaigned heavily in the last election on the promise to reroute the

high-voltage transmission line, but any reasonable person knew it was an empty promise. So much work had already been done, so many hearings, so much ink spilled, that even before the campaign started it was patently obvious there was no way to go back.

Now the Tories have installed a fresh board at the Crown corporation, which has not surprisingly endorsed that party's line: the projects were mismanaged, there was meddling and too much money was spent.

Manitoba Hydro's new chairman, Sanford Riley, has suggested the provincial government should shoulder the corporation's debt so Manitoba avoids falling into the dire situation Ontario finds itself in, one where electricity rates have doubled since 2005.

The province has not jumped at the suggestion.

Because the real risk is that the Progressive Conservatives

aren't really opposed to one project or another; it's that they're opposed to Manitoba Hydro as a Crown corporation.

If I had a crystal ball, I bet it would say that we'll be hearing repeatedly that Hydro is too in debt to survive. Then the Tories will seek expert opinions from the private sector, decide privatization is needed, and that competition will cure what ails us. In their second term it will be a fait accompli.

No, no, they never intended to do it, never planned to privatize, but they didn't know how bad it really was until they were in office, the hypothetical crystal ball tells me they'll say.

And then? Well, then I'll install a wood stove.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist. She can be reached on Twitter @ShannonVanRaes

ROSEMARY WESTWOOD

Women and taxpayers left to pay for Mounties' misdeeds

I had reason to call the RCMP last week, and a woman picked up the phone at the Surrey detachment.

It was Thursday, and I wondered what it was like for her to walk into that office the morning of a historic, landmark settlement over harassment, abuse, rape and discrimination of women within the Mounties' ranks.

What were her colleagues saying? Did she ever experience the kind of treatment that will net at least 1,000 current and former RCMP employees a share of the \$100-million settlement? Or does she count herself lucky?

This settlement — announced last Thursday — is also for her. Both symbolically and, one hopes, in terms of real change with the organization, it is for any woman who would want to join the RCMP in the future, and every one of them who's ever joined.

And it raises many other questions: Why did it take so long? The two class-action lawsuits against the RCMP that led to the settlement were first filed in 2011. In 2013, Bob Paulson, the RCMP commissioner, announced a "Gender and Respect" action plan, after which more women continued to join those lawsuits.

Paulson became choked up as he announced the settlement. Are other male RCMP officers also emotionally torn by the abuse faced by their fellow officers? What is their role in fighting the "potent

minority" that Paulson and two of the complainants, Janet Merlo and Linda Davidson, claim is responsible?

What about the male police officers who committed these crimes? Will they be held accountable? The settlement process will be confidential, even to the RCMP, which suggests nothing will happen to them. And even if they are reprimanded in some way. Will they change?

What of other police forces scattered across the country? What about the three police officers in Toronto currently facing charges for gang raping a fellow officer?

And what of us, the citizens who will ultimately pay for the machismo, the violence, the cruelty, and the sexism and misogyny displayed by men in the RCMP who we pay to keep our country safe?

We might support this settlement (I do with every cell), but that doesn't change the fact that it was first and foremost women and sexual minorities who paid the price — with their careers, mental health and sense of safety.

Secondly, it will be us, Canadian citizens, who pay cash for this suffering.

I'd love to be proved wrong, but just like the Canadian military report into sexual harassment and assault revealed a toxic workplace, but no list of culprits, I expect the same will be done here.

Criminal behaviour won't, in the end, be paid for by the criminals.

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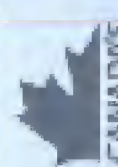


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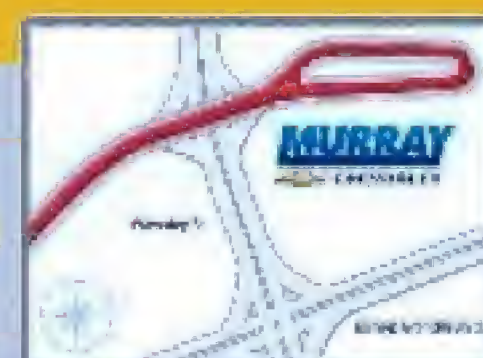
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For those stretched to the limit

TREND

Earlobe reconstruction has spiked in popularity

Perry King
For Metro Canada



Bradford Wagner was a huge metalhead in his teens, and he had the one-and-a-half inch earlobes to show for it. Punched out and expanded to fit spacers when he was 18, his lobes were part of Wagner's immersion into the underground music scene.

"A lot of my peers then had them, and I liked the look of them and, to be frank, I wanted to fit in." But as he neared the end of his 20s, fading from punk and working as a sous chef in Toronto's financial district, Wagner began re-evaluating those dangling lobes.

"It was a new phase in my life and I needed a change," said Wagner, now 29.

Wagner is not alone — many young people who have stretched their lobes for various reasons are considering repairing them. Dr. Kristina Zachary, a Calgary-based plastic surgeon who specializes in head and neck procedures, has repaired about 50 pairs this year alone — about four procedures a month on average. Though procedures have been done in the past to reset torn and stretched ears, the surgery



Bradford Wagner, 29, received earlobe reconstruction surgery last year after first expanding his lobes at 18. ABOVE PHOTO BY PERRY KING, PHOTO ON LEFT PROVIDED BY BRADFORD WAGNER

has become a "generational phenomenon," she says.

"They have grown tired of the stretched earlobes, or they're entering into a field of work where it's a little more conservative, and they don't want to have a non-conservative appearance," said Dr. Zachary, who has been practising for 12 years.

"Typically they're young; there's an even proportion of males to females," she added.

"Usually, they're between age of 18 to, I would say, 40, and they're usually people who have had their earlobes stretched with those circular earrings and have changed their minds about (them) because of different factors."

When Wagner was committed to repairing his ears, he did his research and eventually worked with Dr. Marc DuPere at the Visage Clinic in Toronto to have it done.

Dr. DuPere, who performs the surgery 50 to 70 times a year, has seen similar increasing interest in the procedure. "Many did it when (they were) younger and now see some obstruction to a better job in a highly competitive market, along with the 'expected' look that someone should have in a more conservative profes-

sional environment," wrote Dr. DuPere in an e-mail.

Wagner wasn't worried about his appearance at all, but felt the move was necessary for his personal growth.

"I consider myself a new person, almost," he said.



+ NEED TO KNOW

Lending their ears

Earlobe reconstruction is seen as non-invasive and relatively quick compared to other cosmetic procedures — about half an hour per ear. The surgery is done under local anesthesia and the lobes are closed with sutures and stitches are put in place. There are minor complications, including swelling and pain after the anesthesia subsides — patients are given a few Advil or Tylenol at most. Most patients return to school/work the next day. All the ears look good as new after the scarring has subsided.

30

Minutes of work per ear, on average.

7-10

The number of days the stitches are in.

6-8

Number of weeks to go without earrings

PERRY KING/FOR METRO CANADA

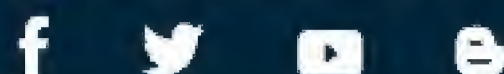


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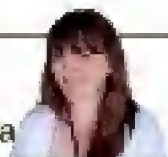
HERZING COLLEGE

Would you pay for a date planner?

TREND

Kate McNamara has made a business out of fun itineraries

Megan Haynes
For Metro Canada



Ottawa-based Kate McNamara has been planning dates for friends and family for years.

And with so many people in her life having recently gotten married, she often dishes out the dates as wedding presents. For one couple, McNamara started the day off with instructions (and supplies) to make crafts at home, followed by lunch over a board game at a new restaurant, then on to antiquing before finishing off the day with a homemade Italian dinner. For another, she sent them skating in a park, followed by a couple's pedicure, capped off with dinner at a fancy restaurant.

She's turned her knowledge of the city and all that it has to offer into a growing business, A Date by Kate. She chooses the activities and restaurants based on daters' budgets and surprises them with a secret agenda just before their big night out. She tailors the dates based on their personalities, and encourages them to try new things, like couples' pedicures or sending a shy pair to a sex shop.

Over the last three years, McNamara has planned over



Ottawa-based Kate McNamara plans mystery dates for her clients based on preferences and budget. COURTESY EMILY BEEKMANS

75 dates as a hobby.

But at this year's Women's Show in Ottawa on Oct. 22, the 26-year-old event planner is growing her business. Her plan is to act like a dating concierge: she'll plan mystery dates for clients based on their preferences and budget. It could be anything, from learning to make a cheesecake at a local bakery to a behind-the-scenes tour of a brew house.

She'll coordinate restaurant reservations, day-of setup (for activities like picnics in the park) and even book overnight

accommodations. Her clients won't know what she's planning until they receive their instructions ahead of their dates. (She's also planning more "mass" options, like a bucket of dating ideas that aren't customized, complete with discounts and coupons, which clients can do at their own pace.)

It's not cheap: her concierge services start in the low \$200s, plus the cost of the date, but she says these personalized custom dates are good gift ideas for newlyweds and recent par-

ents, or even those just looking for a bit more adventure.

The idea, she says, is people are busy and often don't have time to plan extravagant nights on the town, but many millennials are looking for unique experiences. She's catering to that niche.

Hers is not the only business that's popped up in recent months to cater to people looking for a bit of mystery mixed with adventure: earlier this year, U.S. travel company Pack Up + Go launched, sending people on a surprise trip.

People enter their budget and how far they wanted to travel (in the city, by car, by plane), and the San Francisco-based company handles the rest. Clients are told generally what to pack (beachwear, hiking shoes, etc.) but the destination is kept a secret until departure.

Millennials are increasingly hunting for these types of unique and unusual experiences, says Carol Wong-Li, a senior analyst at research firm Mintel.

In a recent survey, the young adult cohort was the only one

MONEY

Priorities

According to Carol Wong-Li, a senior analyst at research firm Mintel, millennials are on the hunt for unique experiences. And in a recent survey, millennials were the only age cohort to list entertainment as a priority for how to spend discretionary funds.

to list entertainment as a priority for how to spend discretionary funds, she says.

And it's not surprising: given most of millennials' lives are spent on social media, there's an inherent desire for Gen Y to look for these cool and unique experiences as a means of social currency, she adds.

Shannon Simmons, a financial planner and founder of New School of Finances who deals largely with millennial clients, says while on the surface paying someone else to plan dates or vacations might seem frivolous, for millennials it's par for the course.

Economically, with lower and stagnated wages and a loss of job security, millennials feel they're worse off than their older counterparts, she says.

"I think we got handed a little bit of a crappy deal with regards to the job market," she says. "So if we have some discretionary money, I think we want to spend in places that make us feel good and are fun."

"There's nothing wrong with that."

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Insights from women who run their own show



Grace Bonney is the author of *Company of Women: Inspiration and Advice from Over 100 Makers, Artists, and Entrepreneurs*. CHRISTOPHER STURMAN

NEW BOOK

Grace Bonney gets inspiration from over 100 women

Grace Bonney started her blog, Design*Sponge, at 23 and it quickly evolved into a business.

The lifestyle blog, which covers art, design, interiors and travel, can teach you how to make DIY wooden planter boxes and pet name tags, but also how to DIY a business, with advice for working from home and overcoming failure.

Twelve years later, Bonney, who lives in New York's Hudson Valley, is releasing *In the Company of Women: Inspiration and Advice from Over 100 Makers, Artists, and Entrepreneurs*, a collection of Q&A interviews with women who also run their own shows, including Neko Case, Roxane Gay, Tavi Gevinson, Christy Turlington, Carrie Brownstein, Mary Lambert and Issa Rae.

In the book, Bonney asks one of two sets of general questions about childhood and lessons learned the hard way. Torstar News Service put some of the same queries to Bonney herself.

What's the best piece of advice you have received?

Let go and really embrace the idea that no matter how experienced you are in your business, the hurdles are always there and they get even more

complex — but the reward of getting through them gets more fulfilling.

Is there a certain mistake that led to success, eventually?

Most of my mistakes come in the form of team management. Early on I made the mistake of thinking I had to be friends with everybody. I was so concerned with people feeling comfortable and supported I never asked for what I actually needed. When I ultimately realized that being direct and assertive and telling people what I needed, it created an easy, clear work environment and it's flowed a lot better since I've become more direct.

Is there a tool, object or ritual you couldn't work without?

It sounds boring, but my iPhone. I do everything from my phone. I do all our social media, answer emails, record videos. I could live without my laptop but not my phone. We had to not use that answer for a lot of people. It was like, iPhone, iPhone, iPhone over and over again.

What does the world need more of?

More listening and less talking.

TORSTAR NEWS SERVICE

THE SIDEBAR IS EXCERPTED FROM *IN THE COMPANY OF WOMEN: INSPIRATION AND ADVICE FROM OVER 100 MAKERS, ARTISTS, AND ENTREPRENEURS*, A BOOK OF INTERVIEWS BY DESIGN*SPONGE FOUNDER GRACE BONNEY.

IN THEIR OWN WORDS

Name a fear or professional challenge that keeps you up at night.
Being labelled as a bad writer.

What quotation or saying inspires and motivates you to be yourself and do what you love?
Our family mantra: "Give to your world the best, and the best will come back to you."

Which of your traits are you most proud of?
My empathy.

Which of your traits are you most proud of?
I'm true-blue. A loyal dog.

What does the world need more of? Less of?
More humility, less infighting.

What would you tell yourself ten to twenty years ago that you wish you knew then?
Stop buying dresses; you hate them.

What does success mean to you?
Success is contextual and fleeting, so when things are harmonious, even for a moment, I try to savour it.

Name the biggest overall lesson you've learned in running a business.
Self-discipline and organization is a must.

What does the world need more of? Less of?
More teachers. Fewer flip-flops.

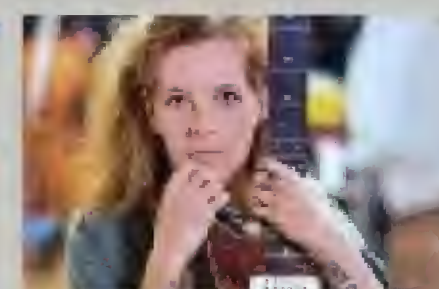
Name a fear or professional challenge that keeps you up at night.
Not filling the day as much as I could have.

Name the biggest overall lesson you've learned running a business. Honour audience feedback.

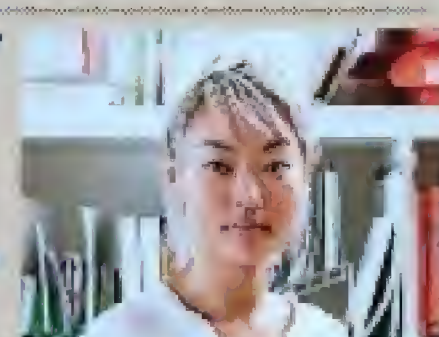
In moments of self-doubt or adversity, how do you build yourself back up?
Self-care, which for me means taking walks alone, journaling, and doing yoga.



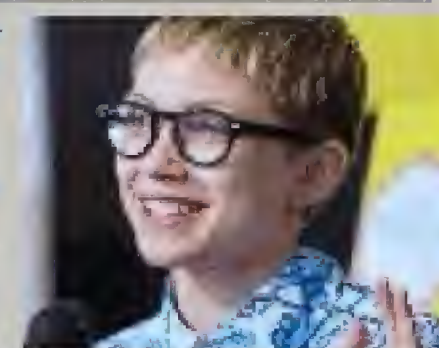
Issa Rae, creator of web series *Awkward Black Girl* and future star of HBO series *Insecure*



Neko Case, musician and member of Canadian band *New Pornographers*



Ping Zhu, New York-based commercial illustrator and artist



Tavi Gevinson, editor-in-chief of the magazine *Rookie*

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BOOK EXCERPT A NUMBER OF THINGS, BY JANE URQUHART

The cowcatcher



In her new book, **A Number of Things: Stories of Canada Told Through Fifty Objects**, author Jane Urquhart explores 50 unexpected artifacts that explore the history of the nation. On sale today, this is her gift to Canada as we prepare to celebrate the 150th anniversary of Confederation.

These objects, each **illustrated by Scott McKowen**, include a Nobel Peace Prize medal, a famous skull, a Sikh RCMP turban and — as recounted in this excerpt — a royal cowcatcher.

Lady Susan Agnes Macdonald, second wife of our much-praised and frequently criticized first prime minister, turns out to have been an unusual woman, especially if one considers the times, and the places, that influenced her life.

Daughter of a Jamaican plantation owner, she would have witnessed not only the daily brutality and moral corruption of owning slaves, but also some of Jamaica's most bloody and ultimately successful uprisings. For obvious reasons, her father's fortunes did not fare well in Jamaica after the 1838 emancipation of the slaves, and when he died in 1850, the family moved to Ontario, where Hewitt, one of her two brothers, became secretary to a man called John A. Macdonald, the attorney general of Canada West (as it was named at the time).

Living in Ontario did not prevent Agnes from making frequent trips to the mother country, and thus it was that in 1866 she happened to be in England for the London Conference, during which the British North America Act was hammered out in preparation for Canadian Confederation.

John A., allegedly a great wit, announced that he had become so fond of the notion of unity he felt he should try it out once again himself, and the two were married and even managed a short honeymoon in Oxford while the conference grumbled on around them.

The BNA Act was duly drafted and signed, and when the Dominion of Canada was born on July 1, 1867, John A. became Sir John A. and his wife became Lady Macdonald. Years later, in 1886, as first lady to the first prime minister, Agnes would accompany her husband on his only journey to the West Coast — one that would be taken on the almost new transcontinental train, the last spike having been driven into the earth of British Columbia in 1885.

Sir John was in his second incarnation at the time: the Pacific Scandal, in which the construction of the railway was politically encouraged by massive campaign donations from promoters of same, had thrown him out of office



for a while in the 1870s. His problems with alcohol had not abated to any noticeable degree, and if there was a bar car, he was likely spending a considerable amount of time in it.

Travel in previous centuries astonishes, especially if one considers the amount of time spent moving over land or across oceans without showers or sleeping pills. This added to the very real dangers along the route (weather, mechanical failure, accidents, disease), arguably made any travel extreme travel.

In spite of this, Lady Agnes apparently wanted adventures even more thrilling than those already provided, and when the train eventually reached the Rocky Mountains, she announced to a thunderstruck superintendent that she would be travelling on the engine's cowcatcher for the final six hundred miles of the journey to avail herself of a better view.

She was able to persuade her husband to join her for only thirty miles, but from the sounds of her diary,

his absence in no way diminished her enjoyment. Perhaps her enthusiasm encouraged her husband to think seriously about preserving such extraordinarily beautiful landscapes, as shortly after the couple returned from the west, Sir John established Yoho and Glacier national parks, two of our first mountain parks.

Lady Agnes never forgot the mountains. And the mountains would remember her as well. There is a small body of water near the top of Mount St. Piran called Lake Agnes, and Mount Lady Macdonald looms over Canmore.

And her excitement en route is touchingly expressed in *By Car and Cowcatcher*, her published account of the experience. Reading it, one feels one is sitting right beside her on the biscuit box that the engineer had affixed to the triangular iron platform as a provisional chair.

"There is glory of brightness and beauty everywhere," she enthuses, "and I laugh aloud on the cowcatcher, just because it is all so delightful."

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Doubting the truth in a blood-shot lens

NON-FICTION

Altamont delves into '60s shooting at rock show

A young man standing in front of Mick Jagger at a Rolling Stones concert brandishes a .22 automatic revolver. The youth is savagely knifed to death by a Hells Angel biker working as band security.

The shocking pas de deux sears the eyeball, 46 years after the fact and no matter how many times you see it. Caught on 16mm film for the documentary Gimme Shelter, the sequence is shorter than the Zapruder footage of the assassination of John F. Kennedy, and almost as momentous.

To many people, the killing of 18-year-old Meredith Hunter on Dec. 6, 1969 at the Altamont Speedway rock festival near San Francisco was more than random violence. It tolled the death knell of the flower power 1960s, which had reached their zenith at the Woodstock festival just a few months earlier.

And the commanding story of Gimme Shelter, a 1970 doc directed by award-winning filmmakers Albert and David Maysles with Charlotte Zwerin, laid out a narrative of the Stones as innocent victims of the blood-thirsty Angels.

Jagger, bandmate Keith Richards and others are seen vainly attempting to stop violent acts between the bikers and concertgoers, which occurred throughout the hastily conceived and badly managed fest attended by 300,000 people.

The camera never lies, right? Except maybe it does, argues Joel Selvin, a rock critic and author formerly with The San Francisco Chronicle. His new book Altamont: The Rolling Stones, the Hells Angels and the Inside Story of Rock's Darkest Day, the product of years of research and more than 100 interviews, argues the famed documentary distorts the truth. The Maysles and Zwerin, now all deceased, were working for the Stones, who owned 50 percent of the film and who continue to roll to this day.

"The movie is largely an excuse by the Stones," Selvin says from San Francisco.

"It excuses the Stones. It uses a lot of dubious editing. (The filmmakers) take stuff out of time. The actual breakdown of the concert is much more se-



Mick Jagger, top photo, sings at the Altamont Rock Festival at Livermore, Calif., in this Dec. 6, 1969 file photo while Hells Angels cross stage during melee to help fellow motorcyclists. At the bottom Jagger looks at the motorcyclists after they dragged onstage an unidentified person whom they mauled during the concert. AP PHOTO

vere than their version of it. It lasts much longer and there's much more chaos on stage. The Angels were convenient paint-by-numbers villains."

As an example of misleading editing, Selvin points to a scene late in the film where the motionless figure of Meredith Hunter is strapped to a gurney behind the stage.

A jump cut shows a helicopter leaving the site, implying that Hunter is being flown to a hospital for treatment, but that didn't happen.

"He was never medic-vacated. His body sat in the office of the Speedway for three hours until the meat wagon from the coroner's showed up. It's all in the police report. They were caught in traffic and they weren't in any big hurry anyway. What the heck were (the filmmakers) doing with that helicopter shot? It's just a complete lie."

Even more serious is what Selvin calls "the real huge problem in the dead centre of the movie." He's referring to a scene where the Stones and their associates rashly decide to move their day-long concert — which also included the Jefferson Airplane, The Flying Burrito Brothers and Crosby, Stills, Nash & Young and was supposed to include the Grateful Dead — from the considerably larger Sears Point Raceway to its woefully undersized area rival Altamont.

The Stones did the switch just 36 hours before the festival began because Sears Point wanted a piece of the film profits, which Jagger refused. Alta-

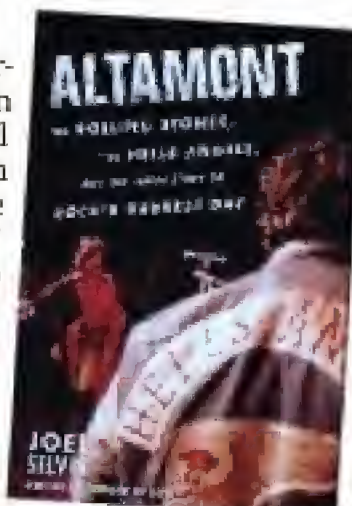
mont just wanted free publicity — and it got plenty of the wrong kind.

Selvin's book contains page after page of descriptions of bad decisions made by many people, not just the Stones and company.

What it all comes down to, in my opinion, is that a lot of good intentions collided with a lot of bad luck on that fateful day at Altamont in 1969.

"It's funny how many cooks were at the stove, right?" says Selvin. "Altamont never got one lucky break, whereas Woodstock was the beneficiary of a lot of them. Altamont got not one — not even with the weather."

THE ASSOCIATED PRESS



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Kutcher wants to be less famous

INTERVIEW

Wishes he could be an actor minus the fame

Ashton Kutcher wishes he had a rewind button. If he did, he would reset his career and stay under the radar.

"Sometimes as an actor I wish I could start my career over," Kutcher said, "where people don't know anything about me and I'd never do an interview and I'd never do a talk show because I'd never want them to know anything about me."

Kutcher's theory is that the less people know about performers' lives, the more believable they are as characters.

"Most people probably wouldn't recognize Gary Oldman in his everyday life because they have no idea how he walks and how he talks. He's such a chameleon from role to role. I think if you can do this job and be successful at the level of success you want to attain and do it without any of the fame — that would be the ultimate gig."

Kutcher, 38, is married to his *That '70s Show* co-star Mila Kunis. (The sitcom aired from 1998-2006.) They have a daughter, Wyatt, and Kunis is expecting their second child,

a boy, later this year.

On his new Netflix comedy, *The Ranch*, Kutcher's character, Colt Bennett, has an understanding of celebrity on a small scale. Colt was a high school and college football star who dreamed of going pro. Instead, he returns to his family's ranch after it falls on hard times.

Danny Masterson, who was also on *That '70s Show*, plays Kutcher's brother on *The Ranch*. The second half of season one is streaming on Netflix.

Kutcher talked about reuniting with Masterson and his passion for investing.

There must be a lot of familiarity and comfort working with Masterson, since you co-starred on *That '70s Show* for eight seasons.

I know what he's gonna do before he's gonna do it, he knows what I'm gonna do, I know exactly how to set him up for a punchline, he knows how to set me up.

We know how to play off each other and respect each other in the workplace. We also have this brutal honesty that we have with each other that you can't have with someone new that you're working with because I can tell him exactly what I think about what he's gonna do, or what he is doing and he doesn't get offended, and he can do the same with me.

What's it like reuniting when you're both married and have children?

We're both producers on *The Ranch*, and so as opposed to on *That '70s Show* when we were just kind of showing up for the gig and, you know, now we're in charge. ... When we were doing that show we were in our twenties and out partying every night and, you know, showing up hung over, whatever we were doing. Just trying to get to work. Now, instead of after the show having a party, our kids get together and run around the hallway together. (Laughs.)

What can we expect from these new episodes of *The Ranch*?

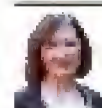
After you establish the characters on a show, that's when these shows start to hit their power alley, which is why I'm so excited. Now we get to be who we are.

You also are known for your investments in companies like Uber and Airbnb. Where does that interest in investments come from? Are you always learning about new companies?

I'm learning every day. I would say any investor that doesn't do that isn't an investor. You're constantly doing a deep dive into something you never would have thought about. THE ASSOCIATED PRESS



Ashton Kutcher, who stars in Netflix's *The Ranch*, thinks that the less people know about an actor's personal life the more believable they are as characters. AMY SUSSMAN/THE ASSOCIATED PRESS



JOHANNA SCHNELLER **WHAT I'M WATCHING**

JT concert begins with prayer

THE SHOW: Justin Timberlake and the Tennessee Kids (Netflix)

THE MOMENT: The ecstatic communion

On an elaborate stage in Las Vegas, Justin Timberlake and a large pop/jazz orchestra perform the final concert of their two-year tour. Twenty cameras capture the action from every angle. The budget — musicians, dancers, hydraulics, lasers — is unimaginable.

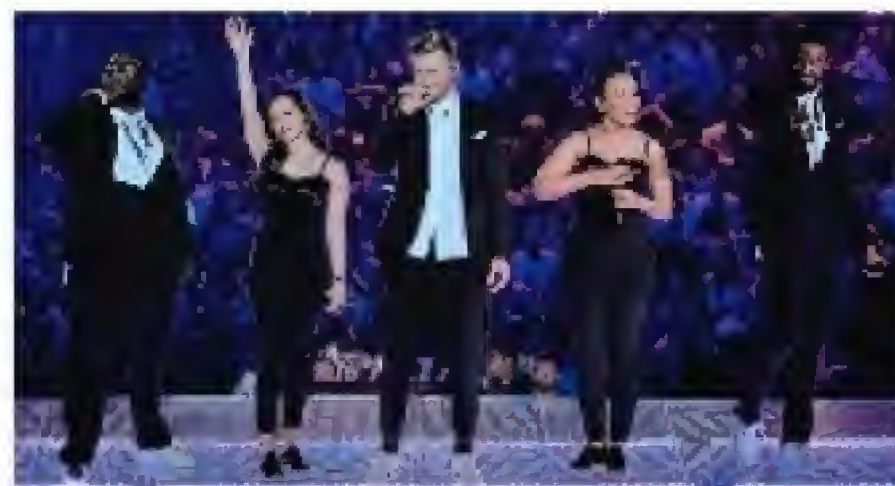
At one point, a camera looks out from the back of the stage, over the keys of the piano. Timberlake stands at the front of the stage, two levels down, far away, bathed in light. His back is to the piano, but that doesn't matter, because the keyboardist intently watches his

every physical cue. Timberlake doesn't have to look at him. He knows he'll be obeyed.

Like many concerts, this one begins with a group prayer. I've puzzled over why so many music superstars, who lead pretty racy lives, consult with a higher power before stepping on stage. But after watching this concert doc from the great Jonathan Demme, I may have figured it out: God is the only one who's big enough to understand them.

Is Timberlake the preacher or the deity himself? Several times, his head fills the video screen behind him, like the Great and Powerful Oz. The earpieces are marked "JT." The guitar picks, too.

Either way, the audience members are true believers. He



Jack E. King, Zenya Bashford, Justin Timberlake, Nicole Hurst, Aaron Camper perform in a concert film. CONTRIBUTED

lifts a finger, they cheer. He puts a hand to his ear; they chant his lyrics. They are gathered here to participate in the communal joy of bringing sexy back.

And when Timberlake soars across the arena on a Plexiglas

stage, crooning like an angel? It's ecstasy.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP BRIEFS

Divergent' star Woodley arrested during protest

Actress Shailene Woodley has been arrested during a protest of the four-state Dakota Access pipeline in southern North Dakota.

Morton County Sheriff's Department spokesman Rob Keller says the *Divergent* star was arrested Monday for criminal trespass and engaging in a riot during a protest at a construction site that involved about 300 people.

Both charges are misdemeanors that carry a maximum punishment of 30 days in jail and a \$1,500 US fine.

Keller says 27 people were arrested during protests at two construction sites that prompted the shutdown of a state highway for several hours.

THE ASSOCIATED PRESS

Reynolds pays birthday tribute to cancer victim

Canadian actor Ryan Reynolds penned an emotional online tribute to a Newfoundland-born cancer victim Sunday, honouring what would have been the boy's 14th birthday.

Reynolds, who is from Vancouver, visited Connor McGrath in an Edmonton hospital earlier this year and gave him an advance screening of his film *Deadpool* weeks before audiences got a chance to see the blockbuster.

In a Facebook post, Reynolds says the Make-A-Wish Foundation brought him and Connor together and "nothing — not even a cowardly ... thing called cancer can take that away."

The film star offered Connor's parents his condolences. THE CANADIAN PRESS



YOU CAN DO THIS REGISTERED MASSAGE THERAPY

'I'm a mechanic of the body'

WHY I LIKE MY JOB

Chen Weinberg, Registered Massage Therapist and Acupuncturist at Neshama Therapy in Toronto, Ont. (neshamatherapy.com)

I've always had a passion for helping people. From a young age I felt connected with alternative health care, and I decided to take this one step further by learning traditional Chinese medicine and acupuncture to better address the various health issues a person may experience. After becoming a Shiatsu Master, I moved to Toronto from Tel Aviv to complete my Western medicine studies and to incorporate medical massage therapy into my practice.

I'm now a graduate of the prestigious Sutherland-Chan School & Teaching Clinic, as well as the Shiatsu School of Canada Acupuncture Institute. In 2007, I opened a home-based practice, where I treat and educate my patients to help enhance their body-mind-spirit connection and integrate their physical, mental and emotional selves into a cohesive whole.

I'm a mechanic of the body; a detective tasked with assessing, diagnosing and treating patients to help reduce pain dysfunction and emotional stress while also improving their quality of life. I enjoy seeing the immediate effect of relaxation in my clients. There is a feeling of satisfaction in bringing back good, positive energy to people. After all, we're all connected — so healing one person can truly help heal the world.



THE BASICS: Registered Massage Therapist

\$40,237

Median annual salary for a registered massage therapist. Experienced RMTs can earn upwards of \$66,000 per year.

+12%

Projected job growth rate over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.net, servicecanada.gc.ca and onetonline.org

HOW TO START

Standards and practices governing massage therapists vary from province to province. RMTs are currently regulated in four provinces, including B.C. and Ontario, requiring competency-based exams and registering with the provincial College of Massage Therapists. Formal college programs provide both theoretical and hands-on training in human anatomy, body awareness, neurology, pathology and therapeutic exercise. Student RMTs can expect to receive nearly 3,000 hours of hands-on training in the treatment of various injuries and illnesses.

WHERE YOU CAN GO

People are increasingly turning to holistic health practices to relieve stress or pain and to treat body imbalances. The widespread endorsement of massage therapy by health-care practitioners has opened several opportunities for RMTs in health clinics, nursing homes, spas, resorts and hotels, gyms and rehabilitation centres. Additionally, many professionals choose to launch and operate their own business.

REQUIRED SKILLS

Working in this field demands a high degree of functionality in social perceptiveness, clinical knowledge and judgment, physical stamina, manual dexterity, professionalism and trustworthiness.

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Jays earn welcome break

MLB PLAYOFFS

Suddenly hot Toronto team begins ALCS on Friday

September was a month the Toronto Blue Jays would like to forget.

If they keep up their current level of play, October could very well be a month they remember.

The Blue Jays defeated Texas 7-6 on Sunday night to eliminate the Rangers from the post-season. The victory gave Toronto a welcome break before the start of the American League Championship Series on Friday.

After going just 11-16 last month, Toronto is a perfect 6-0 in October after a pair of critical regular-season wins in Boston, a wild-card victory over Baltimore and a three-game sweep of Texas.

"We turned the page on September," said Blue Jays manager John Gibbons. "It wasn't necessarily a good month for us but now we're in October. So that's sometimes the way the game works too — month to month."

Toronto's offence is a big reason why the team has moved on to baseball's final four. The Blue Jays have outscored (27-12) and out-homered (10-3) the opposition in the playoffs. Edwin Encarnacion has led the way with three homers in four post-season games.

In the other AL Division Series, Cleveland completed a sweep of its own by beating Boston 4-3 on Monday night. The Indians will host the Jays for the first two



Blue Jays players converge on Josh Donaldson after he scored the winning run in the 10th inning of Game 3 of their ALDS against the Rangers on Sunday night in Toronto. RICHARD LAUTENS/TORSTAR NEWS SERVICE

games of the ALCS.

"What happened in September doesn't matter," said Blue Jays slugger Jose Bautista. "We made it to the playoffs. We made it to the League Championship Series and that's the only thing that matters. We're doing our job."

Second baseman Devon Travis is nursing a bone bruise in his right knee and will welcome a few days off. Toronto management believes Travis is close to being able to play and that he had his "best day" on Monday. "Devon, every day is better,"

Blue Jays general manager Ross Atkins said in a conference call. "We are more optimistic today at 6 p.m. than we were at 5 p.m. It's not definite that he'll be playable but we feel very good about it."

The Toronto bullpen, which



We are who we are. We have to slug it out. That's really our identity.

Manager John Gibbons

has been worked hard in recent weeks, could also use the break.

"Some people like to say a couple of days off might throw our timing off, I really don't believe in that," said Blue Jays catcher Russell Martin. "At this point in the year a couple days off can do wonders. So for our bullpen, our pitching, get everybody's arms fresh. And the same thing for guys who are banged up."

"A couple of days can go a long way in this game it seems like."

Two key Toronto pitchers remain out. Left-hander Francisco Liriano suffered a mild concus-

sion last Friday and can return to the roster once he goes through Major League Baseball's seven-day concussion protocol.

There is no timeline for the potential return of right-handed reliever Joaquin Benoit, who is making progress as he recovers from a torn calf muscle.

"Now you get a few days off to catch your breath a little bit, which is really, really big for our group I think," Gibbons said. "But you know, we are who we are. We have to slug it out. That's really our identity."

THE CANADIAN PRESS

Nationals jump ahead of Dodgers

Anthony Rendon and Jayson Werth homered, and the Washington Nationals moved within one victory of winning a post-season series for the first time, beating the Los Angeles Dodgers 8-3 Monday for a 2-1 lead in their best-of-five NL playoff.

Four relievers combined for 4-2/3 shutout innings, putting the Nationals in position to wrap up the NL Division Series on Tuesday at Dodger Stadium.

Playing 23 hours after the Nationals tied the series at home in a rain-postponed Game 2, Rendon hit a two-run homer in a four-run third that chased Kenta Maeda. Werth added a solo shot off closer Kenley Jansen in a breakaway four-run ninth.

Dodgers rookie Corey Seager continued his first-inning success in the series, hitting an RBI double off the wall for a 1-0 lead after homering in the first inning of Games 1 and 2.

THE ASSOCIATED PRESS



The Nationals' Jayson Werth hits a home run on Monday.

THE ASSOCIATED PRESS

CFL

Stampeders roll to 12th straight win

Bo Levi Mitchell threw three TD strikes as the Calgary Stampeders clinched first in the West Division with a lopsided 48-20 win over the Toronto Argonauts on Monday afternoon.

Mitchell increased his league-leading total to 29 touchdown passes as Calgary (13-1-1) earned a 12th straight win and ran its CFL-record unbeaten streak to 14 games. Mitchell also improved to 41-7-1 as a starter and is 5-0 versus Toronto.

MONDAY In Toronto



Calgary's Dave Dickenson tied the CFL record for most wins by a rookie head coach of 13 shared by Adam Rita (1991, Toronto), John Hufnagel (2008, Calgary), and Mike Benevides (2012, B.C.). THE CANADIAN PRESS

IN BRIEF

Reilly reaches milestone as Eskimos double up Alts
Mike Reilly threw touchdown passes to Brandon Zylstra and Chris Getzlaf and ran one in himself as the Edmonton Eskimos defeated the Alouettes 40-20 for their third straight victory in Montreal on Monday afternoon.

Reilly also got the 292 yards he needed to become the first Edmonton quarterback since Ricky Ray in 2008 to reach 5,000 passing yards in a season.

THE CANADIAN PRESS

Broncos coach given week off to deal with migraines
Broncos GM John Elway says doctors have ordered coach Gary Kubiak to take a week off after experiencing a "complex migraine condition" and that special teams coordinator Joe DeCamillis will serve as interim coach Thursday night in San Diego.

Kubiak was lethargic following Denver's 23-16 loss to Atlanta on Sunday night and was taken from the stadium via ambulance and hospitalized overnight.

THE ASSOCIATED PRESS

NHL

Concussion forces Crosby to sit out

Pittsburgh superstar Sidney Crosby has been diagnosed with another concussion just days before an NHL season in which the Penguins are expected to make a strong run at repeating as Stanley Cup champion.

Coach Mike Sullivan told reporters that Crosby was concussed at practice Friday and said there

is no timing for the return of the two-time Stanley Cup champion and the reigning playoff MVP who led Team Canada to a World Cup of Hockey title two weeks ago. Pittsburgh made the announcement Monday as it prepared for its regular-season opener Thursday night at home against Washington. THE ASSOCIATED PRESS

3

The concussion is believed to be at least the third for the 29-year-old Crosby.

Jets hoping for youth sonic boom

SEASON PREVIEW

Rookies Laine, Connor bring optimism to MTS Centre

It's all about the kids this season for the Winnipeg Jets.

The NHL club, which opens the campaign Thursday at home against Carolina, cut down to 24 players on Monday, including nine aged 23 or younger.

Even a pair of rookie forwards who aren't old enough to join their teammates for a drink in American bars have cracked the lineup: 18-year-old Finnish sniper Patrik Laine and 19-year-old U.S. college star Kyle Connor.

In another nod to the youth movement, veteran goalie Ondrej Pavelec was placed on waivers Monday and has to clear to report to the American Hockey League's Manitoba Moose. That

leaves rising prospect Connor Hellebuyck, 23, and Michael Hutchinson, 26, between the pipes.

It's all part of the evolution of the club's draft-and-develop strategy that began in 2011 when centre Mark Scheifele, now 23, became the inaugural first-round pick (seventh overall) of the new Winnipeg franchise that had relocated from Atlanta.

Whether the continued injection of youth will help or hinder the quest to surpass last season's 78-point output (35-39-8) remains a big question mark for the club, which has only made the playoffs in one of the past five seasons.

The Jets have to get to 23 players by Tuesday, but still had 20-year-old injured forward

Brendan Lemieux on the roster Monday.

"We believe in the talent level of young players," Jets head coach Paul Maurice said during training camp. "(But) what they are capable of doing is going to be curtailed by men just like them that are 27 years old that are playing against them."

"So you have to be a little bit patient about what your expectations are, and maybe them as well. That's as big a challenge."

That didn't stop Maurice from heaping some praise on the six-foot-four, 206-pound Laine after this year's second-overall pick in the NHL entry draft took part in his first day at camp.

"All I know is that every time this kid goes down the ice and

gets the puck on his stick, you feel like there's a chance it could go in (the net)," Maurice told reporters.

"I just haven't seen anybody shoot a puck like that for a very long time, and he's much better defensively aware than the vast majority of players his age."

He also pointed to the Jets following a league trend.

"We're seeing a kind of a vision and a theme amongst players, a recognition of where the game is going," Maurice said.

"(It's) going to speed, the speed of the young players that are coming into our team."

There is one blemish on Winnipeg's draft-and-develop blueprint that appeared last month.

Restricted free-agent defenceman Jacob Trouba failed to show up at camp and has requested a trade. If the team's ninth-overall pick in the 2012 draft doesn't sign some kind of deal by Dec. 1, he has to sit the rest of the NHL season. THE CANADIAN PRESS

“Give us some time to develop and come together as a team.”

Jets veteran Dustin Byfuglien

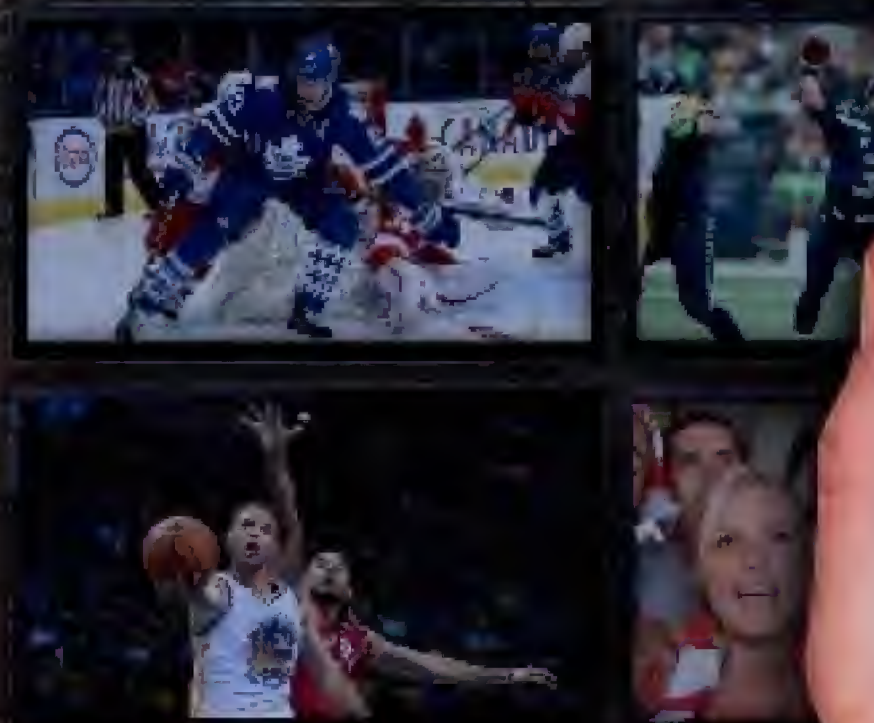


Patrik Laine and the new-look Jets open the 2016-17 season against the Carolina Hurricanes on Thursday night at MTS Centre. TREVOR HAGAN/THE CANADIAN PRESS

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Bradford helping Vikings conquer

NFL

Minnesota's emergency QB trade keeping them perfect

Sam Bradford has started all of four games for Minnesota.

The Vikings aren't yet one-third of the way through their schedule. The early return on that expensive emergency trade the Vikings made for Bradford, though, could not have been better.

They're the only undefeated team remaining in the NFL, and Bradford has the second-best passer rating in the league (109.8) among quarterbacks with a qualifying amount of attempts.

"Obviously, it's a great start," said Bradford, who was fetched from Philadelphia for a first-round draft pick in 2017 and a conditional selection in 2018 that'll be in the second, third or fourth round. "You couldn't ask for anything more than being 5-0 going into your bye week."

Waiting for the Vikings after the welcomed break is a road



Sam Bradford went 22 for 30 in the air for 271 yards and two touchdown passes in the Vikings' win over the Texans on Sunday in Minneapolis, Minn. JIM MONE/THE ASSOCIATED PRESS

game on Oct. 23 against those Eagles (3-1), who haven't missed Bradford one bit because of the success of rookie Carson Wentz.

Coach Mike Zimmer cracked a couple of smiles after Minnesota's 31-13 victory over Houston on Sunday, but he'll soon enter his usual state of anxiety about the upcoming opponent

and how to slow its offence.

"Like Coach Zimmer said after the game, it's still a lot of work this team needs to do," Bradford said. "I think they're still rooting for us to improve, and I think that's our mindset going forward. We're not satisfied. It's early in the year, and we haven't accomplished

anything yet."

No, but the Vikings have at least mastered the art of resilience, after losing quarterback Teddy Bridgewater, running back Adrian Peterson, left tackle Matt Kalil and now right tackle Andre Smith, all perhaps for the rest of the season.

Bridgewater's colossal injury

“

We're not satisfied. It's early in the year, and we haven't accomplished anything yet.

Vikings QB Sam Bradford

to his left knee triggered the deal for Bradford eight days before the opener, and the 28-year-old former No. 1 overall draft pick has gelled with his new teammates and picked up offensive co-ordinator Norv Turner's playbook as if he's been in purple his whole pro career.

"The offensive coaches have done a great job of getting him prepared," Zimmer said. "The one thing about Sam is that he will communicate the things that he likes to do."

"If we have a play in the game plan that he doesn't like, he's going to tell Norv, and we get rid of the play. We try to do things that he's comfortable with, even though it's been a short period of time."

THE ASSOCIATED PRESS

+ NFL IN BRIEF

■ Smith set to miss season

The Minnesota Vikings have lost another starting offensive lineman, with right tackle Andre Smith likely to miss the season due to surgery on his triceps muscle.

■ Time off for ill Kubiak

Broncos GM John Elway says doctors have ordered coach Gary Kubiak to take a week off after experiencing a migraine and that special teams co-ordinator Joe DeCamillis will serve as interim coach.

■ Palmer close to returning

Arizona Cardinals coach Bruce Arians says he expects quarterback Carson Palmer to pass the last stage of the concussion protocol on Tuesday. That indicates Palmer could be back for next Monday night's home game against the New York Jets. THE ASSOCIATED PRESS



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PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

Even when you think your cupboards are bare you probably have most of the ingredients to make this simple, delicious and healthy soup.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 cup red lentils

- 4 cups chicken or vegetable stock
- good squeeze of lemon juice

Directions

1. Sauté the vegetables in olive oil until they soften.
2. Add the lentils and the stock and bring to a simmer.
3. Cook for about 15 minutes stirring every once in a while.
4. Add lemon juice and salt and pepper to taste.

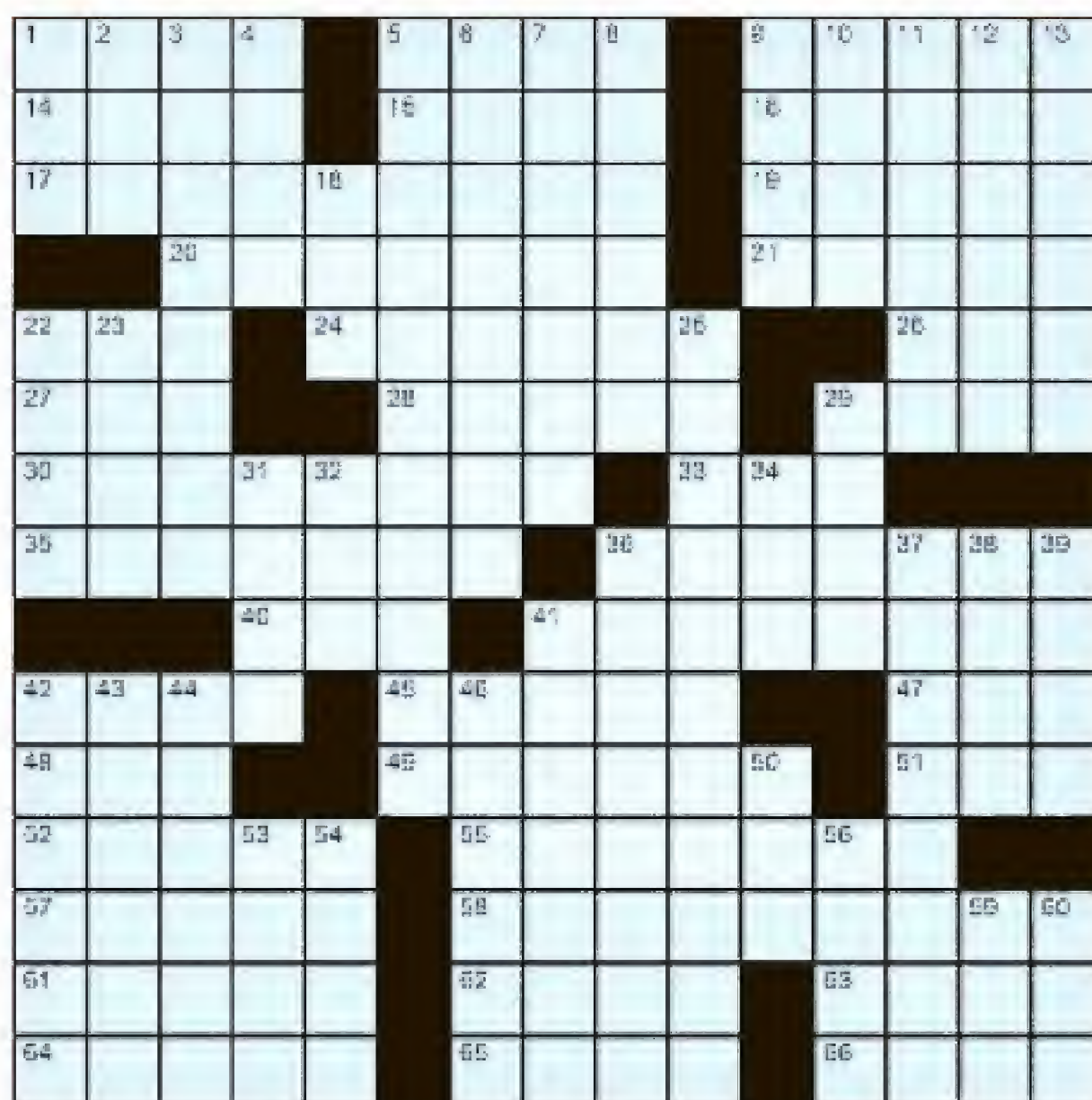
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Plug-less computer network connection
5. Canadian actor Mr. Cronyn
9. Miss __ Lenya of Bobby Darin hit "Mack the Knife"
14. "Switch" ender
15. "What's __ for me?"
16. Scarlett's home's namesakes
17. Thoroughfare in downtown Hamilton, __
19. Scarlett's love
20. Spectator
21. __ message (Transmitted an e-mail, perhaps)
22. Entrepreneur's deg.
24. Ms. Burgess (Pro dancer who is #5-Down's partner on "Dancing with the Stars")
26. Foldaway cottage bed
27. __ B (Two basic options)
28. Angler's basket
29. If the fits __ what's missing?
30. Sang in The Alps
33. Reckon in Reno
35. Bland
36. "Top line" in accounting
40. Bounced cheque acronym
41. "An American __ in London" (1981)
42. Succeeds
45. Impose upon
47. Fedora, for one
48. Ripen
49. Charm
51. Pals to CMs



52. __ out (Makes it with good fortune)
55. Wheeled serving table: 2 wds.
57. Journalist Ms. Couric
58. Implied/suggested
61. Matrikin

62. Convene
63. Bone dry
64. More pink, as steak
65. Country singer Mr. Arnold
66. Tiny teacher

DOWN

1. Spider's archi-

2. George Gershwin's brother
3. Some hockey players
4. Smidgen
5. As per #24-Across... James __ (IndyCar driver from Oakville, Ontario who is on the current season of "Dancing

6. Singular, as per ownership
7. Like a picture frame's corner joints
8. Forever, to a poet
9. Items in envelopes, for short
10. Dam of South Dakota

11. WWI fortification ditch
12. "Fantasy Island" character
13. Mansion's setting
18. Extra sports periods to break ties, briefly
22. Permission request-er's opener...: 2 wds.
23. Business blessing
25. Cold Lake or Airdrie, for example: 2 wds.
29. Slow-cooked meal
31. One, in Munich
32. CDs predecessors
34. Adam and __
36. Ushered the concert-goers closer to the stage, say
37. Baseball pitcher's dream game
38. __ Bator (Mongolia's capital)
39. Terrestrial stage newts
41. Extended, such as a highway with additional lanes
42. Promenading person
43. Large lizard
44. Drink of the gods
46. Prompt: 2 wds.
50. St. Louis footballer
53. Up-in-the-sky toy
54. Clairvoyant
56. Carpentry tool
59. Leandro's operatic beloved
60. Dict. entry

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Someone close to you is enthusiastic today! Enjoy conversations with partners and close friends, and don't hesitate to make big plans.

Taurus April 21 - May 21
It's easy to get the cooperation of others at work today, because people are in a good mood. Work-related travel also is likely

Gemini May 22 - June 21
Relations with children are upbeat and positive today. This also is a great day for romantic outings, the arts and anything to do with sports.

Cancer June 22 - July 23
You will enjoy making home improvements today or exploring real-estate opportunities. You're starting to feel hopeful about improving your home or getting a better one.

Leo July 24 - Aug. 23
Today you are aware of the power of positive thinking. You feel hopeful about your future and look forward to whatever you think is possible. Dream big!

Virgo Aug. 24 - Sept. 23
This is an excellent day for business and commerce. Dealings with foreign interests are likely. Don't be afraid to stretch a little and take a chance.

Libra Sept. 24 - Oct. 23
Today you see the larger view of things, which allows you to make plans with foresight and wisdom. It's a particularly good day for business and finance.

Scorpio Oct. 24 - Nov. 22
You are entertaining big dreams today, and it feels good. Double-check all details with work you are involved with, because big dreams sometimes cause you to overlook little things.

Sagittarius Nov. 23 - Dec. 21
You can organize the efforts of others today, because people are willing to follow your suggestions. Your positive frame of mind is what encourages people.

Capricorn Dec. 22 - Jan. 20
This is an excellent day to talk to bosses, parents, teachers and VIPs. Not only are people receptive to what you have to say, they are willing to entertain ambitious suggestions.

Aquarius Jan. 21 - Feb. 19
Travel plans look exciting! This is an excellent day to discuss lofty topics like philosophy, religion and politics. This also is a good day to study anything and explore topics at school.

Pisces Feb. 20 - March 20
This is an excellent day to decide how to share something or to discuss an inheritance. Whatever happens, you will be sure to get your fair share.

CONCEPTIS SUDOKU by Dave Green

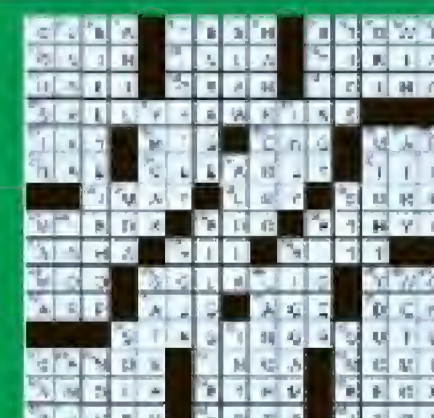
Every row, column and box contains 1-9

		9	2	8				
	6				5			
1	7					6		
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3		6				5		
	5				3	7		
		2	1	5	8	4	6	
						9	7	1
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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	9	4	2	6	3	5	8	7
7	2	3	5	8	1	4	9	6
8	5	6	9	4	7	3	2	1
9	1	2	7	3	8	6	5	4
4	7	5	6	2	9	8	1	3
3	6	8	1	5	4	2	7	9
6	8	7	3	9	5	1	4	2
5	3	9	4	1	2	7	6	8
2	4	1	8	7	6	9	3	5

Let's talk about this year's outstanding Community Fund recipients.

Congratulations to the 72 recipients of the 2016 Bell Let's Talk Community Fund.

Each year, Bell provides \$1 million in grants to help community-based mental health organizations improve overall access to support and services for Canadians living with mental illness.

To date, Bell has given out 345 grants from coast to coast to coast.

Learn more by visiting the Community Fund section on bell.ca/letstalk.

2016 Bell Let's Talk Community Fund recipients:

AGIR en santé mentale

AMI-Québec

Artbeat Studio Inc.

Artists in Healthcare Manitoba

Association québécoise pour la réadaptation psychosociale

Big Brothers Big Sisters of South West Durham

Canadian Bipolar Association

Canadian Mental Health Association – Calgary Region

Canadian Mental Health Association – Thunder Bay Branch

Canadian Roots Exchange

CDPM Huron-Wendat

Centre de prévention du suicide O2

Centre de rétablissement Le Renfort

Centrelien de Nicolet et Régions

CÉPOP –

Centre d'écocollaboratives populaires

Child and Family Centre

Children's Aid Foundation

Connecting Women with Scarborough Services – Tides Canada

Cornwall Community Hospital Foundation

Corporation le Zéphir
Chibougamou-Chapais inc.

D'un couvert à l'autre

Déclic

Distress Centre Oakville

Eastman Safety Training Centre

Eating Disorders Nova Scotia

Essex Windsor EMS

Fairview Mennonite Home

Fondation de la santé
de Rivière-du-Loup

Fondation du CSSS Cavendish

Fondation du CSSS
de La Côte-de-Gaspé

Fondation Hôtel-Dieu d'Arthabaska

Fondation Santé Nicolet-
Béconcourt-Yamaska

Fort McMurray Public School
District #2833

Gerstein Crisis Centre

Grand River Hospital

Inspire Community Outreach Inc.

Jewish Child and Family Service, Winnipeg

Le Havre, groupe d'aide
et d'entraide en santé mentale

Le Rebond

Les Impatients

Logis Rose-Virginie

Madison Community Services

Manitoba Schizophrenia Society

Newfoundland & Labrador Association
of Fire Services

Noojmooin Tég Health Centre

Northern Integrated Cultures
with the Environment (Northern ICE)

Partners for Care

Partners for Youth

PEI Family Violence Prevention Services

Point de vue

Revivre

ROCK

Seniors Resource Centre of Newfoundland
and Labrador

Service d'intégration travail – Mauricie

Siloam Mission

Smiths Falls & District Centre for Youth

St. Joseph's Health Care London

St. Stephen's Community Housing

Student-Athlete Mental Health Initiative

TAIBU Community Health Centre

Tel-Aide

Tel-Aide Outaouais

The Lighthouse Serving the Battlefords

The Pottle Centre

UNITY Chorty

Upstream Ottawa

VALPABEM

Victim Services Toronto

Victoria Immigrant and Refugee
Centre Society

Village des sources l'Étoile filante

Westcoast Family Centres Society

YWCA Peterborough-Haliburton

